

Taco Salad

Totals per salad:

Calories 350 Fat 10g Fiber 2.5g Carbs 25.5g

What you'll need:

- 1 Can butter flavored cooking spray.
- 1 20 Ounce package Jennie O Italian flavored turkey sausage
- 2 Cups Romaine lettuce
- 1 Bag reduced fat tortilla chips (read the Nutrition Facts for serving size. We want 70 calories ultimately for our salad.)
- ½ Can artichoke hearts packed in water
- ¼ Cup fat free zesty Italian salad dressing
- ¼ Cup fat free shredded cheddar cheese
- ½ Cup fresh salsa (store bought, but in the refrigerated section)
- 2 T Fat free sour cream (optional – but I use it and included it in your calorie count)

Skillet

Large, single serve salad bowl. This is a big salad.

Let's get to cooking!

- 1. Spray your skillet with cooking spray and turn your stovetop heat to medium.
- 2. Cook the ground turkey in the skillet breaking it apart continuously.
- 3. Place lettuce in salad bowl.
- 4. Place the chips around the edge of the bowl between the lettuce and the bowl.
- 5. Chop artichoke hearts and place on top of lettuce.
- 6. Drizzle Italian dressing on salad.
- 7. Sprinkle fat free cheese as next layer.
- 8. When your ground turkey is cooked thoroughly, use 1/6 of entire package as next layer and freeze the rest in single serving containers.
- 9. Top with Salsa and if desired, sour cream.

Another **Kitty's Lighter Weigh** recipe!