

HEALTHY TACO CASSEROLE



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Serves: 5

Ingredients

- 1 lb extra-lean 99% fat free ground turkey
- 1 can (15 to 16 oz) reduced-sodium spicy chili beans in sauce, undrained
- 1/2 c chunky salsa
- 1/2 c water
- 1 c broken (not crushed) baked tortilla chips (plain or baked nacho flavored)
- 3-4 medium green onions, sliced (1/4 cup) (optional)
- 2 medium tomatoes, chopped (1 1/2 cups) or 1 can chopped tomatoes drained
- 1/2 c shredded 2% part skim sharp Cheddar or Monterey Jack cheese
- Shredded lettuce as needed
- Additional chunky-style salsa as needed
- Fat free or light sour cream if desired

Directions

1. Heat oven to 350°F. In skillet, cook beef over medium heat 8 to 10 minutes, stirring occasionally, until brown; drain. Stir in beans, 1/2 cup salsa and water. Heat to boiling, stirring occasionally.
2. In ungreased 2-quart casserole, place broken tortilla chips. Top with beef mixture. Sprinkle with optional onions, tomatoes and cheese.
3. Bake uncovered 20 to 30 minutes or until hot and bubbly. Arrange tortilla chips around edge of casserole after completely cooked. Serve with lettuce and additional salsa if desired.

Nutritional Information

Serving:	Calories	Fat	Protein	Carbohydrates	Sodium
1/5 mixture	300	5 g	38 g	28 g	512mg

Carbohydrate Exchanges: 0