



Kelly's Kitchen Corner – August 2023

Whole Meal Salad – Serving 1 Salad

2 cups mixed greens
1 c. assorted chopped veggies
1 egg cooked and sliced
1 T shredded cheese, dried fruit, or nuts

1 oz beef, chicken, or pork or
¼ c. canned beans, drained
2 T low-fat dressing



Arrange greens on large plate or bowl. Add assorted veggies. Add meat, egg or beans. Sprinkle with cheese dried fruit, or nuts. Drizzle dressing over the top.

University of Maine Cooperative Extension

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Taco Salad - Servings 4

1/2 lb. lean ground beef
1 c. cooked kidney or chili beans
½ pkg. taco seasoning or season to taste
½ c. water
2 cups romaine lettuce, chopped

1 medium tomato, chopped
3 green onions, chopped
½ c. shredded cheese
2 oz. baked tortilla chips



In a frying pan, brown ground beef and drain fat. Add beans, seasoning, and water. Stir and simmer for 10 minutes. Mix lettuce, tomatoes, and onions in a large bowl. Spoon ground beef and bean mixture over vegetables. Sprinkle with cheese and tortilla chips. Toss lightly.

Iowa State University Extension and Outreach

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