

# Taco Salad in Tortilla Shell

Use 4 custard cups or ready made tortilla pans to shape your tortilla shell for this spicy salad.

- 1 teaspoon olive oil
- 1 cup chopped onion
- 1 cup chopped red pepper
- 1 cup chopped green bell pepper
- 7 ounces cooked lean ground beef
- 1 cup salsa
- 1 tablespoon minced jalapeno pepper
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- 4 6-inch whole wheat flour tortillas
- 1 cup shredded romaine lettuce
- 2 1/4 ounces shredded low-fat cheddar cheese
- 6 large or 10 small pitted black olives, sliced

In a large nonstick skillet, heat oil; add onion and bell peppers; cook over Medium heat until onions are translucent, about 2 minutes. Stir in beef and break up with a fork; add 1/2 cup salsa, the jalapeno pepper, cumin and chili powder; reduce heat, cover, and simmer for 5 minutes. Preheat oven to 375 degrees F. Spray 4 custard cups with nonstick cooking spray; press 1 tortilla into each custard cup. Bake until tortilla cups are lightly browned and crisp, about 15 minutes. Transfer to rack to cool. To serve, fill each tortilla cup with 1/4 cup lettuce and equal amounts of meat mixture; top evenly with cheese, olives and remaining 1/2 cup salsa.

**Servings: 4**

## Nutrition Facts

Serving size: 1 serving

Percent daily values based on a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

The following ingredients were not linked to the ingredient database and were not included in the nutrition information:

*ground cumin*

Amount Per Serving	
<b>Calories</b>	339.59
Calories From Fat (40%)	134.28
	<b>% Daily Value</b>
<b>Total Fat</b> 14.81g	<b>23%</b>
Saturated Fat 5.17g	<b>26%</b>
<b>Cholesterol</b> 52.37mg	<b>17%</b>
<b>Sodium</b> 780.40mg	<b>33%</b>
<b>Potassium</b> 643.41mg	<b>18%</b>
<b>Carbohydrates</b> 29.09g	<b>10%</b>
Dietary Fiber 4.67g	<b>19%</b>
Sugar 7.08g	
Sugar Alcohols 0.00g	
Net Carbohydrates 24.42g	
<b>Protein</b> 23.40g	<b>47%</b>

## Ingredient Links

In order to calculate nutrition information for a recipe using its ingredients the recipe ingredients need to be linked to the ingredients in the ingredient database. The table below shows how the recipe ingredients are currently linked.

Recipe Ingredient	Linked To
1 teaspoon olive oil	1 x 1 teaspoon of Oil, olive, salad or cooking
1 cup chopped onion	1 x 1 cup, chopped of Onions, raw
1 cup chopped red pepper	1 x 1 cup, chopped of Peppers, sweet, red, raw
1 cup chopped green bell pepper	1 x 1 cup, chopped of Peppers, sweet, green, raw
7 ounces cooked lean ground beef	2.33 x 3 oz of Beef, ground, lean, cooked, baked, well done
1 cup salsa	1 x 1 cup of Sauce, ready-to-serve, salsa
1 tablespoon minced jalapeno pepper	1 x 1 tablespoon of Peppers, jalapeno, raw
1 teaspoon ground cumin	1 x of Spices, cumin seed
1 teaspoon chili powder	1 x 1 teaspoon of Spices, chili powder
4 6-inch whole wheat flour tortillas	4 x 1 tortilla medium (approx 6" dia) of Tortillas, ready-to-bake or -fry, flour
1 cup shredded romaine lettuce	1 x 1 cup of Lettuce, cos or romaine, raw
2 1/4 ounces shredded low-fat cheddar cheese	2.25 x 1 oz of Cheese, low fat, cheddar or colby
6 large or 10 small pitted black olives, sliced	6 x 1 olive of Olives, black

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