

DORITOS TACO SALAD

INGREDIENTS:

1 medium-large tomato, diced
4 oz 50% less fat or 2% sharp cheddar cheese, shredded
4 oz nacho cheese Doritos, broken up a bit into bite sized pieces
1 lb 95% lean ground beef
1 (1.25 oz) packet reduced sodium taco seasoning
1 medium-large head of iceberg lettuce, chopped into bite sized pieces
1 cup light Catalina or French dressin

DIRECTIONS:

Brown the ground beef in a skillet over medium heat, breaking it up into pieces with a wooden spoon. Add the packet of taco seasoning and stir until well coated. Set aside.

In a large serving bowl, combine the lettuce, tomatoes, cheese and ground beef. When ready to serve, add the Doritos and dressing and toss to coat.

4 smartpoints for each cup

4 PointsPlus for each cup

Serving: 14 cups

Source : allrecipes.com