



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

Dietitian's Dish

It's a Wrap... Or is it a Salad?

If you want your family to think you're a genius, then serve up a Taco Night menu and serve it up as a Make Your Own dinner. It's sure to be a hit for everyone! Look at items that are in your pantry, fridge and freezer which fit the theme and decide what's missing. If you menu plan and are creating a grocery list, check out what's on sale that you'd want for the DIY Taco Night and add it to your list.

Here's some ideas to keep on hand for a DIY Taco Tuesday (or any night):

- Beans or lentils
- Salsa
- Corn
- Brown Rice
- Lean Ground Meat or Meatless Crumbles
- Peppers, Onions, Tomatoes, Avocado, Lettuce



The great thing about tacos is that they can be as simple or elaborate as your taste buds can handle. Plus, if you're trying to be more plant-based with your eating, you can choose to include more veggies and beans. You can even replace the hard or soft taco shell with a lettuce wrap. If you want the flavors but not the messiness that tacos can bring, create a salad instead!

30 Minute Taco Salad



Ingredients:

- 1 head butter lettuce, torn into small pieces
- 2 tomatoes, chopped
- 1/2 cup green pepper, chopped
- 1 lb. ground turkey, extra lean
- 1 small onion, chopped
- 1 can (15 1/2 oz.) Pinto beans, rinsed and drained
- 3/4 cup salsa



Directions:

- Put lettuce in a large bowl. Add tomatoes and green pepper.
- Brown meat and onion in a frying pan. Drain off the fat and liquid.
- Mix meat, beans, and salsa. Add atop the salad mixture and serve.

Recipe courtesy of Fruitsandveggies.com.