



## Tiny Taco Salads 2.0



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1/12th of recipe (1 taco salad): 73 calories, 2g total fat (1g sat. fat), 179mg sodium, 7g carbs, 1g fiber, 1g sugars, 5.5g protein

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**Prep:** 10 minutes    **Cook:** 20 minutes



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### Ingredients

12 small square wonton wrappers (stocked with the tofu in the refrigerated section of the market)  
6 oz. extra-lean ground beef (4% fat or less)  
1 tsp. taco seasoning  
1/2 cup refried beans  
1 1/2 cups shredded lettuce  
1/2 cup shredded reduced-fat Mexican-blend cheese  
2 tbsp. sliced black olives, chopped  
6 tbsp. chopped tomatoes, chunky salsa, or pico de gallo  
1/4 cup light sour cream

### Directions

Preheat oven to 350 degrees. Spray a 12-cup muffin pan with nonstick spray.

Place each wonton wrapper into a cup of the muffin pan, and press it into the bottom and sides. Lightly spray with nonstick spray. Bake until lightly browned, about 8 minutes.

Let cool completely, about 10 minutes.

Meanwhile, bring a skillet sprayed with nonstick spray to medium-high heat. Add beef, and sprinkle with taco seasoning. Cook and crumble until fully cooked, about 5 minutes. Add beans, and cook and stir until hot, about 1 minute.

Evenly fill wonton cups in this order: lettuce, beef-bean mixture, cheese, chopped olives, salsa, and sour cream.

### MAKES 12 SERVINGS

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