



Turkey Taco Salad



Entire recipe: 354 calories, 10.5g total fat (3.5g sat. fat), 656mg sodium, 36.5g carbs, 9g fiber, 11g sugars, 31g protein

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

More: [Lunch & Dinner Recipes](#), [Single Serving](#), [30 Minutes or Less](#)



Ingredients

- 4 cups shredded lettuce
- 1/2 cup chopped bell pepper
- 1/4 cup chopped onion
- 4 oz. raw lean ground turkey (7% fat or less)
- 1 tsp. taco seasoning mix
- 1/4 cup canned black beans, drained and rinsed
- 2 tbsp. frozen sweet corn kernels
- 2 tbsp. salsa
- 3 baked tortilla chips, lightly crushed
- 1 tbsp. light sour cream

Directions

Place lettuce in a large bowl (or on a large plate).

Bring a skillet sprayed with nonstick spray to medium-high heat. Cook and stir pepper and onion until softened and lightly browned, about 4 minutes.

Add turkey to the skillet, and sprinkle with taco seasoning. Cook and crumble until fully cooked, about 5 minutes. Add black beans and corn, and cook until hot, about 2 minutes.

Transfer contents of the skillet to the lettuce bowl. Top with remaining ingredients, and dig in!

MAKES 1 SERVING

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.