



WESTERN WISCONSIN HEALTH

VEGETARIAN TACO SALAD **(GLUTEN FREE)**

- 2 T. extra virgin olive oil
- 1 large onion, chopped
- 1 1/2 C. fresh corn kernels (see tip), or frozen, thawed
- 4 large tomatoes
- 1 1/2 C. cooked long grain brown rice (see tip)
- 1-15 oz. can black, kidney or pinto beans, rinsed
- 1 T. chili powder
- 1 1/2 tsp. dried oregano, divided
- 1/4 tsp. salt
- 1/2 C. chopped fresh cilantro
- 1/3 C. prepared salsa
- 2 C. shredded iceberg or romaine lettuce
- 1 C. shredded pepper-jack cheese
- 2 1/2 C. coarsely crumbled tortilla chips
- Lime wedges for garnish

Nutrition Facts	
Serving Size (374g)	
Servings Per Container	
Amount Per Serving	
Calories 510	Calories from Fat 200
	% Daily Value*
Total Fat 22g	34%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 680mg	28%
Total Carbohydrate 63g	21%
Dietary Fiber 10g	40%
Sugars 6g	
Protein 17g	
Vitamin A 45%	• Vitamin C 40%
Calcium 30%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Heat oil in a large nonstick skillet over medium heat. Add onion and corn; cook, stirring until the onion begins to brown, about 5 minutes. Coarsely chop 1 tomato. Add it to the pan along with rice, beans, chili powder, 1 teaspoon oregano and 1/4 teaspoon salt. Cook, stirring frequently, until the tomato cooks down, about 5 minutes. Let cool slightly. Coarsely chop the remaining 3 tomatoes. Combine with cilantro, salsa and the remaining 1/2 teaspoon oregano in a medium bowl. Toss lettuce in a large bowl with the bean mixture, half the fresh salsa, and 2/3 cup cheese. Serve sprinkled with tortilla chips and the remaining cheese, passing lime wedges and the remaining fresh salsa at the table.

Make Ahead Tip: Prepare through step 1, cover and refrigerate for up to three days; reheat slightly before serving.

Kitchen Tips: To remove corn kernels from the cob, stand an ear of corn on its stem end and slice the kernels off with a sharp knife.

To cook rice: Bring 1 cup water and 1/2 cup long grain brown rice to a boil in a small saucepan. Reduce heat to low, cover and simmer at the lowest bubble until the water is absorbed and the rice is tender, about 40 minutes. Remove from the heat and let stand covered for 10 minutes. Makes 1 1/2 cups.

NUTRITION FACTS: Serving size: 1 1/2 cups per serving, 6 servings