



Sloppy Joe Taco Salad

Store portions of the Sloppy Joe and reheat on the stove or in the microwave for a quick and easy dinner.

<u>U.S.</u>		<u>Metric</u>
1 1/2 cups	Left over Sloppy Joe mixture, heated	340.19 g
1/2 cup	Corn, frozen or fresh	77 g
1/2 each	Jalapeno Peppers, minced (optional)	1/2 each
1/2 each	Tomato, chopped	1/2 each
2 cup	Romaine Lettuce, shredded	94 g
2 each	Taco Shells, crumbled or 2 cups Tortilla Chips	2 each
2 Tbsp	Low-Fat Shredded Cheddar or Taco Cheese	7.06 g

Preparation:

1. Gather all ingredients and equipment.
2. Mix sloppy Joe mixture and corn together. Add jalapeno if using. Heat in a medium sized sauce pan or in microwave until hot.
3. Place a crumbled taco shell or 1/2 cup tortilla chips on top of plates.
4. Top each plate with half of lettuce, Sloppy Joe mix, tomatoes and cheese.

Nutrition Facts

Serving size	1/2 of recipe
Servings	2
Calories	195
Calories from Fat	45
Total Fat	5 g
Saturated Fat	0 g
Trans Fat	0 g
Monounsaturated Fat	0 g
Cholesterol	10 mg
Sodium	380 mg
Carbohydrates	33 g
Dietary Fiber	6 g
Sugars	6 g
Protein	9 g
Vitamin A	130 %
Calcium	4 %
Vitamin C	33 %
Iron	4 %
Phosphorus	0 mg
