



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

Freestyle™ SmartPoints® value 6*

SmartPoints® value 7*

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

Tagged: [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

SmartPoints® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints®** values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The **SmartPoints®** values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints®** trademark.