



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

Green Plan [SmartPoints](#)® value 2*

Blue Plan (Freestyle™) [SmartPoints](#)® value 2*

Purple Plan [SmartPoints](#)® value 2*

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

[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.)

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