



Tiny Taco Salads 2.0



[Click here for a video demo](#) !

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

Tagged: [Recipes for Sides, Starters & Snacks](#), [30 Minutes or Less](#), [Four or More Servings](#)

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.)

*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.