

Tangy & Terrific Taco Dip and Tacos

What you need:

- 1 cup low-fat or fat free sour cream
- 1/2 cup low fat or non fat Miracle Whip salad dressing
- 1 package taco seasoning mix
- 1 16-ounce can fat free refried beans
- 1 cup chopped onions (fresh or frozen that has been thawed)
- 3 chopped medium fresh tomatoes
- 1 cup low fat or non fat cheddar cheese, shredded
(for low lactose diets, try soy cheese or smaller amount of cheddar)
- 1 pound ground turkey breast or 95% lean ground beef (optional)
- 1 small jar of salsa
- Whole wheat pita bread, baked taco chips or soft shell tacos



(over for directions, nutritional information)

Tangy & Terrific Taco Dip and Tacos (continued)

How to make:

Combine sour cream, Miracle Whip and 1/2 of the taco seasoning. Set aside. Cook ground turkey breast or lean ground beef, add the rest of the taco seasoning and drain off any fat. Spread refried beans on large serving plate evenly. Top with the sour cream mixture and then with the cooked ground turkey breast or cooked lean ground beef. Layer on the onions and tomatoes (and any other chopped veggie you like) and salsa. Cover with the grated low fat or non fat cheese. Serve chilled. Serve with whole wheat pita bread cut into small triangles or baked taco chips. You can also fill soft shell tacos with these ingredients instead of using as a taco dip.

Nutrition Information:

Serving Size:	1/2 cup
Calories:	140 calories
Fat:	3 gm.
Carbohydrates:	15gm.
Fiber:	5gm.
Protein:	12gm.
Sodium:	250mg.



Recipe courtesy of Lifetime Health Medical Group