Terrific Taco Salad

Ingredients
1 medium onion, chopped
1/2 pound ground beef
1/2 package taco seasoning mix
1 (15 ounce) can black beans, drained and rinsed
1 cup frozen corn
6 cups chopped lettuce

2 medium tomatoes, sliced into wedges
1/2 cup shredded Colby Jack cheese
1/2 cup of your favorite salsa
4 tablespoons light sour cream

Directions
1. Heat a large non-stick frying pan over medium high heat.
2. Add onion and ground meat, cook until meat is browned.
3. Add taco seasoning, beans, and corn. Stir to mix well. Lower heat and simmer until mixture is heated through – about 5 minutes.
4. Place 1 1/2 cups of lettuce on each plate; add meat mixture.
5. Top salad with tomatoes, shredded cheese, salsa, and sour cream.

Makes 4 servings

Nutrition information per serving:
350 calories, 13 g total fat, 6 g saturated fat, 55 mg cholesterol, 700 mg sodium, 37 g carbohydrate, 9 g dietary fiber, 24 g protein