



The Edible Garden

Recipe featured at *Cooking for Kids* demonstration, June 30

Dr. Dell'Amore's 'Taco-less Tacos' or Taco Salad

By: Dr. Robert Dell'Amore, Chef/Founder, The Healthy Kitchen, Inc.

Makes 4 servings

Ingredients

1 medium onion, sliced or diced
2 cloves of garlic, sliced or diced
1 tablespoon of olive oil
1 pound package of ground chicken or turkey
1 15 ounce can of red kidney beans, drained and rinsed
1 small can of sliced or diced black olives
¼ cup tomato sauce
1 package of hearts of romaine lettuce
1 package of Sargento Shredded Cheddar and Monterey Jack Cheese
1 container of Breakstone Reduced Fat Sour Cream (optional)
1 bunch of fresh cilantro or parsley, rough dice
Fresh ground pepper to taste

Instructions

- Sauté onion and garlic in olive oil for 2 minutes on medium heat.
- Add meat. Use flat-headed wooden spoon or potato masher to break up ground meat and allow even cooking. Cook meat until browned.
- Add kidney beans and black olives. Mix in.
- Add tomato sauce.
- Add fresh cilantro and pepper to taste. Sauté on medium heat until all ingredients look caramelized (browned).
- Wash, cut, and dry hearts of romaine lettuce leaves. Place on flat dish. Use lettuce leaves instead of taco shell. Fill leaves with taco sauté and serve with sour cream and cheese.
- Roll lettuce leaf into taco roll. Secure with a toothpick and enjoy.