

Lunch Box Taco Salad

This totable taco salad makes a sweet treat for school lunches. Some assembly required, but kids love tossing together all the fixings and are sure to enjoy this welcome break from PB&J.

Ingredients

- 2 cups (500 mL) shredded romaine or iceberg lettuce
- 1/4 cup (50 mL) chopped tomato
- 1/2 cup (125 mL) canned kidney or pinto beans, rinsed and drained
- 1/2 cup (125 mL) salsa
- 1/2 cup (125 mL) shredded Monterey Jack or Cheddar cheese
- 1/4 cup (50 mL) sour cream (regular or low fat)
- 1 cup (250 mL) tortilla chips (regular or baked)

Cooking Instructions

1. In a plastic container big enough to use as a bowl for the finished salad, toss together lettuce and tomato. In a small plastic container with a tight-fitting lid, stir together beans and salsa. Pack shredded cheese and sour cream in separate plastic containers. Finally, pack tortilla chips in a zip-top plastic bag.
2. OK, you've got all the components. Now what? At lunchtime, open the container of lettuce. Dump bean mixture on top, add a dollop of sour cream and sprinkle with shredded cheese. Finally, crumble tortilla chips on top and lunch is served!

Servings: 1