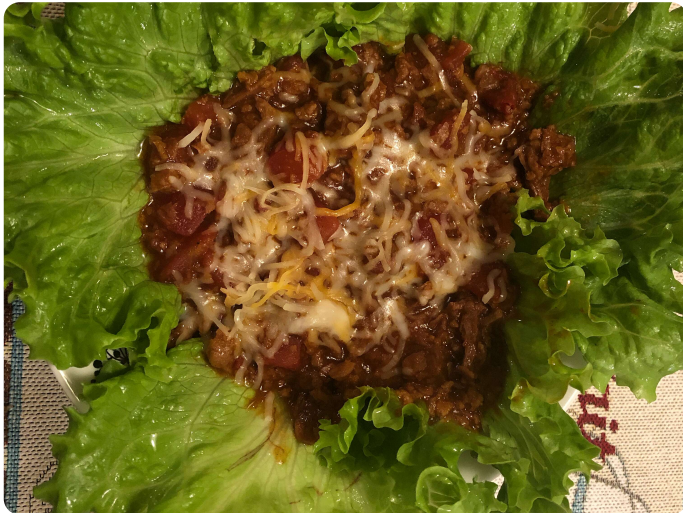


LowFat Taco Salad

Jacob · 30/09/2024



Prep Time

30 mins

Difficult

Medium

Servings

2

Description

Supertasty taco salad without any guilt The fatfree cottage cheese flavored with restaurantstyle taco sauce serves as a fatfree creamy dressing Delish

Ingredients

- - 1 tablespoon light olive oil - 2 cloves garlic
- minced - 1 (14.5 ounce) can diced tomatoes - 1 (12 ounce) package vegetarian ground beef crumbles (such as MorningStar Farms® Griller's Recipe Crumbles®) - 1 (1 ounce) package taco seasoning - 6 cups shredded lettuce - 2 cups non-fat cottage cheese - 1 cup shredded non-fat cheddar cheese - 2 tablespoons taco sauce
- or to taste

Instructions

1. Heat olive oil in a skillet over medium-high heat. Saute garlic in hot oil until fragrant and slightly softened
2. about 2 minutes. Add diced tomatoes
3. vegetarian ground beef crumbles
4. and taco seasoning; cook and stir until tomatoes are soft
5. about 10 minutes. Divide lettuce between two bowls and top each with half the tomato mixture. Surround tomato mixture with cottage cheese and sprinkle Cheddar cheese over the top; season with taco sauce.