

Taco Salad

Ingredients:

1/6 iceberg lettuce	100 g lean ground beef
1/2 stalk green onion	1/2 small white onion
1/2 tomato	1 clove garlic, crushed
60 mL cheddar cheese	1-2 mL cumin
handful of tortilla chips	2-5 mL chili powder
few sprigs of Cilantro, chopped	60 mL tomato juice
15 mls salsa	
15 mls sour cream	

Equipment:

Grater, cutting board, chef's knife,
Paring knife, large mixing bowl, frying pan, egg
flipper, measuring equipment

Directions:

1. Prepare for the lab: apron on, hair tied, hands washed, recipe out.
2. Wash and dry lettuce, green onion and tomato.
3. Grate cheddar cheese.
4. Chop green onion.
5. Combine shredded lettuce, grated cheese and green onion in a large bowl. Toss lightly.
6. Cut tomato in wedges.
7. Finely chop white onion.
8. In a pan, partially brown beef over medium heat. Add chopped white onions and continue to cook until beef is cooked throughout and the onions are transparent.
9. Add tomato juice and spices to meat mixture.
10. Cover and simmer for a few minutes.
11. Crush tortilla chips.
12. Just before serving, add meat mixture, crushed chips and tomato wedges to the salad. Toss lightly. Serve with cilantro, sour cream and salsa.

