

## **Taco Casserole**

Submitted by JoAnn M

2 lbs lean ground turkey  
1 pkg. taco seasoning mix  
1- 16 oz can fat free refried beans  
2 ounces taco chips  
2 cups fat free sour cream  
1 cup salsa  
8 oz shredded low fat cheddar cheese

Preheat oven to 350 degrees F. Cook and drain ground beef. Add taco seasoning to ground beef according to directions on package. Mix in refried beans. Spray the bottom and sides of a 9 x 13 pan. Crush taco chips and place  $\frac{1}{2}$  in the bottom of the pan. Layer  $\frac{1}{2}$  of meat/bean mixture,  $\frac{1}{2}$  of sour cream,  $\frac{1}{2}$  of salsa and  $\frac{1}{2}$  of cheese. Repeat layering. Top with remaining crushed taco chips. Serve with chopped lettuce, tomato, onion and green pepper if desired. Makes 8 servings.

Nutrition information per serving: 392 calories; 28 grams protein; 15 grams fat; 30 grams carbohydrate; 1116 mg sodium. Note: consider using low sodium taco seasoning, unsalted taco chips and low sodium refried beans to lower the sodium content.