

## Southwestern Salad *Makes 4 servings*

½ cup onions, chopped  
½ lb. lean ground beef  
1 Tablespoon chili powder  
2 Tablespoons dry oregano  
½ teaspoon ground cumin

1 cup canned kidney beans, drained  
1 cup canned chickpeas\*, drained,  
1 medium tomato, diced  
2 cups lettuce  
1⅓ cups low sodium cheddar cheese

1. Cook ground beef and onions in a large skillet. Drain.
2. Stir chili powder, oregano, and cumin into beef mixture; cook for 1 minute.
3. Add beans, chickpeas, and tomatoes. Mix gently to combine.
4. Combine lettuce and cheese in large serving bowl. Portion lettuce and cheese onto 4 plates.
5. Add 1 cup of beef mixture on top of lettuce and cheese.

\*Chickpeas are sometimes called garbanzo beans.