



**Nutrition Information Per Serving:**

Calories: 205  
Protein: 12½g  
Carbohydrates: 31g  
Fat: 3g  
Fiber: 6½g

<b>PREP TIME</b> <b>10</b> min	<b>CHILL TIME</b> <b>8</b> hrs	<b>TOTAL TIME</b> <b>10</b> min	<b>RECIPE MAKES</b> <b>3</b> jars
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Lunchtime never tasted better or was easier to prep! Assemble this taco salad the night before and you've got the perfect grab-n-go meal for your busy day. With 12½g protein in each jar, this salad will keep you full until dinnertime.!

**INGREDIENTS**

- ¾ cup Lowfat Plain Muuna cottage cheese
- ¾ cup Salsa
- ¾ cup Canned black beans, drained
- ¾ cup Canned corn, drained
- ¾ cup Romaine lettuce, shredded
- ¾ cup Tortilla strips or tortilla chip pieces
- 1 ½ tsp. Chili powder

**INSTRUCTIONS**

- 1) In a small bowl, combine cottage cheese and chili powder.
- 2) In a glass jar or other spill-proof container with a lid, layer cottage cheese and chili powder mixture, salsa, black beans, corn, and lettuce in that order.
- 3) Store tortilla strips or tortilla chip pieces in a small bag and set aside.
- 4) Place salad in refrigerator until ready to enjoy.
- 5) Top salad with tortilla strips or tortilla chip pieces immediately before eating, replace lid, and shake.
- 6) Enjoy!