



A Nutrition Resource

Bison Taco Salad

Yield: 7 Servings | Serving Size:
9.6 oz

Ingredients:

Taco Seasoning:

- 1 tablespoon chili powder
- 2 teaspoons paprika
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- ¼ teaspoon cayenne

For Salad:

- 1/2 bag of blue corn tortilla chips
- 1 package of spring mix salad

For Filling

- 1 tbsp. extra-virgin olive oil
- 1/2 onion, chopped
- 2 cloves garlic, minced
- 1 lb. ground bison
- taco seasoning mix
- Freshly ground black pepper
- 1 (15-oz.) can black beans
- 1 c. chopped cherry tomatoes
- 1 c. corn, canned and drained or frozen
- 1 c. shredded Monterey jack
- 1/2 c. shredded cheddar
- 2 tbsp. freshly chopped cilantro (optional)

Nutrition Facts	
Amount per	
1 serving (9.6 oz)	273 g
Calories 497	From Fat 210
% Daily Value*	
Total Fat 23.6g	36%
Saturated Fat 8.6g	43%
Trans Fat 0.1g	
Cholesterol 63mg	21%
Sodium 610mg	25%
Total Carbohydrates 47g	16%
Dietary Fiber 7g	26%
Sugars 2g	
Protein 27g	53%
Vitamin A 98% • Vitamin C 21%	
Calcium 31% • Iron 27%	

* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Recipe provided by FAST Blackfeet (<https://www.fastblackfeet.org/>). Used with permission for educational purposes.

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Directions:

- 1) Make filling: In a large skillet over medium heat, heat olive oil. Add onion and cook until soft, about 5 minutes. Stir in garlic and cook until fragrant, about 1 minute more. Add ground bison, breaking up the meat. Cook until bison is browned, about 10 minutes.
- 2) Stir in taco seasoning, then season to taste with salt and pepper. Stir in black beans, cherry tomatoes, and corn.
- 3) In a bowl, add spring mix salad and slightly crushed blue corn tortilla chips together.
- 4) Combine bison mixture with the salad and tortilla chips.
- 5) Top with toppings of choice and enjoy.

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