Taco Salad

½ pound lean ground beef
1 tablespoon ground cumin seed (optional)
1 tablespoon chili powder
2 cups cooked kidney or pinto beans
1 head lettuce, torn
1 medium onion, diced
4 tomatoes, diced
1 cup lowfat cheddar cheese, shredded
4 cups light tortilla chips, lightly crushed
1 cup plain nonfat yogurt
1 cup salsa

1. Prepare dressing by mixing the yogurt and salsa together; set aside.

2. Brown ground beef and drain any fat; add beans, cumin and chili powder and heat through.

3. Toss lettuce, tomatoes, onion and cheese in large bowl.

4. Spoon on meat and bean mixture and top with crushed tortilla chips.

Serves 8.