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## Doritos Taco Salad

yield: 14 CUPS

### INGREDIENTS:

- 1 lb 95% lean ground beef\*
- 1 (1.25 oz) packet reduced sodium taco seasoning
- 1 medium-large head of iceberg lettuce, chopped into bite sized pieces (if you've never chopped up a head of iceberg you can [follow these directions](#))
- 1 medium-large tomato, diced
- 4 oz 50% less fat or 2% sharp cheddar cheese, shredded (such as Cabot)
- 4 oz nacho cheese Doritos, broken up a bit into bite sized pieces
- 1 cup light Catalina or French dressing (I used Kraft Lite Catalina)



\*if you replace the ground beef with 99% lean ground turkey a cup will be 3 SP on WW Freestyle

### DIRECTIONS:

1. Brown the ground beef in a skillet over medium heat, breaking it up into pieces with a wooden spoon. Add the packet of seasoning and stir until well coated. Set aside.
2. In a large serving bowl, combine the lettuce, tomatoes, cheese and ground beef. When ready to serve, add the dressing and toss to coat.

### Weight Watchers Freestyle SmartPoints:

4 per (1 cup) side dish serving\* (SP calculated using the recipe builder on [weightwatchers.com](#)) OR 3 SP per cup if you use chicken breast or ground turkey breast

### Weight Watchers Points Plus:

4 per (1 cup) side dish serving\* (P+ calculated using the recipe builder on [weightwatchers.com](#))

### Nutrition Information (per 1 cup side serving)\*:

150 calories, 14 g carbs, 6 g sugars, 6 g fat, 2 g saturated fat, 10 g protein, 1 g fiber (*from myfitnesspal.com*)

\*If you're eating this as a main dish I recommend a 2 cup serving size (8 Weight Watchers SmartPoints or PointsPlus, check the nutrition info)

Adapted from [Women Living Well](#)

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*This delicious recipe brought to you by **Emily Bites***  
<https://emilybites.com/2014/06/doritos-taco-salad.html>

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