



Taco Corn Salad Recipe

Preparation Time	10
Cooking Time	40
Serving Size	5

Ingredients:

- 2 Tbsp oil
- 2 1/2 Tbsp garlic, crushed
- 300 g beef, ground
- 1 tsp chili powder (optional)
- 1/2 cup DEL MONTE Italian Style Spaghetti Sauce (250g)
- - salt, to taste
- 1 can DEL MONTE Pineapple Tidbits (227g), drained
- 3 stalks green onions, chopped
- 1 cup whole kernel corn, canned, drained
- 2 packs nachos (option taco or tortilla chips)
- 100 g lettuce, shredded
- 1/2 cup cheese spread

Preparation:

1. Sauté garlic and ground beef for 5 minutes or until meat turns brown. Add chili powder, DEL MONTE Italian Style Spaghetti Sauce and salt to taste. Stir occasionally for 10 minutes or until almost dry.
2. Stir in DEL MONTE Pineapple Tidbits, green onions and corn. Assemble chips, sauteed meat and lettuce on a platter or serve meat with chips and lettuce on the side. Drizzle with cheese spread.

Chef's Tip

For a healthier alternative use ground chicken instead of beef.

Lusog Notes

This enjoyable dish is rich in vitamin A that helps maintain normal vision and healthy skin. It is also a source of calcium that aids in blood clotting as well as in bone growth and development.

Cooking Skills Needed

- Sautéing
- Simmering

Cooking Tools

- Measuring Cups
- Spatula
- Chopping Board
- Measuring Spoon
- Can Opener