Brown beef or turkey in a small skillet over medium heat, stirring to break up the meat. Season with cayenne pepper, chili powder, salt and pepper to taste. Drain any grease.

Divide chips among 4 shallow bowls, add ¼ of the lettuce to the bowls and top each serving with ¼ of the meat, tomato, green pepper, onion, salsa and olives.

BEEF BURRITO

1 lb lean ground beef, turkey or meat substitute
1 tsp cayenne pepper
1 tsp chili powder
1 tsp hot sauce
8 flour tortillas (whole wheat if preferred)

1 tomato, diced
½ cup lettuce, chopped
grilled vegetables of your choice, diced salsa

Optional Toppings: low-fat sour cream, cheese, guacamole

In a skillet over medium heat, brown the beef/turkey/substitute until there is not any pink left, about 5 minutes. Rinse with water to rid of fat and pat dry with a paper towel. Return meat to pan and add the cayenne pepper, chili powder and hot sauce. Stir to mix.

Lay out a tortilla. Place a layer of the meat mixture on the bottom, followed by the grilled vegetables, tomato and lettuce. Top with desired amount of salsa and roll burrito.

For a healthier option, skip the tortilla and place everything in a bowl.