



# Taco Salad Bowl



4 servings



20 mins prep | 30 minutes total time

## Per serving:

553 calories

26 g carbs

8 g fiber

33 g fat

43 g protein

## Ingredients

### Salad

- 1 1/2 lb ground turkey
- 1 Tbs olive oil
- 1 onion, finely chopped
- 2 cloves garlic, minced
- 1 Tbs taco seasoning, low sodium
- 1/4 cup water
- 8 cups romaine lettuce, chopped
- 1 cup cherry tomatoes, halved
- 1 1/2 cups black beans, drained
- 1 cup corn kernels
- 1 red bell pepper, chopped
- 1 avocado, sliced
- 1/2 cup shredded cheddar
- 1/4 cup cilantro chopped,
- 1 lime, cut into wedges

### Dressing

- 1/4 cup ketchup
- 1/4 cup Greek yogurt, 2%
- 2 Tbs lime juice
- 1 Tbs olive oil
- 1 Tbs water
- 1 tsp agave (or other sweetener)
- 1/2 tsp ground cumin
- salt, & pepper, to taste

## Directions

### Prep

1. Prepare ingredients according to instructions.

### Make

1. Cook the Ground Turkey: - Heat the olive oil in a large skillet over medium heat. - Add the chopped onion and cook until softened, about 3-4 minutes. - Add the minced garlic and cook for an additional 1 minute. - Add the ground turkey and cook until browned, breaking it up with a spoon, about 6-8 minutes. - Stir in the taco seasoning and 1/4 cup of water. Simmer until the sauce thickens, about 2-3 minutes. Remove from heat and set aside.
2. Prepare the Salad - In a large bowl, combine the salad greens, cherry tomatoes, black beans, corn, and chopped red bell pepper.
3. Assemble the Salad - Top salad bowl with the cooked ground turkey. - Add slices of avocado and sprinkle with shredded cheddar cheese, if using. - Drizzle with the prepared dressing. - Garnish with fresh cilantro and serve with lime wedges on the side for an extra burst of flavor.

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