

Salad

Taco Salad

** Gluten-Free*

Taco salads have kind of developed a bad rap. But believe it or not, they can be your nutritious and delicious answer when you need a quick meal. Serve this salad as a main meal.

You'll Need

- 2 teaspoons olive oil
- 1 large onion, finely chopped
- 3 cloves garlic, minced
- 1 pound ground turkey
- 2 tablespoon chili powder
- 2 teaspoons ground cumin
- 1 teaspoon dried oregano
- 1 dash cayenne pepper
- 1 (19 oz) can kidney beans, rinsed and drained
- 1 cup salsa
- 2 cups shredded lettuce
- 2 small carrots, julienned
- 2 red bell peppers, cut into thin strips



Directions

- Heat the olive oil in a skillet over medium heat. Stir in the onion and garlic; cook and stir until the onion has softened and turned translucent, about 5 minutes.
- Add the turkey, and stir until crumbly and no longer pink.
- Season with chili powder, cumin, oregano, cayenne pepper, kidney beans, and salsa. Cook over medium-high heat until the mixture is simmering and the beans are hot, about 5 minutes.
- Divide the lettuce, carrots, and red bell peppers among 4 serving plates.
- Spoon the turkey mixture overtop to serve.

Play with Your Food

- Add cheddar cheese, olives, tomatoes, jalapenos, or avocado.
- Add a dollop of sour cream.
- Use beef instead of turkey.
- Serve on top of some tortilla chips.
- Sauté the carrots and bell peppers