

# TACO SALAD

**Serves 4 - 6**

Your taco salad can take advantage of whatever you have in your fridge. Below is a suggestion of ingredients, but be creative and try different things.

## Ingredients

- 1 avocado
- 1 head lettuce, thinly sliced, torn or chopped
- 1 large tomato, chopped
- 1 medium red pepper, diced
- 1/2 cup grated cheddar, Monterey jack or mozzarella cheese
- 1 (15- to 19-oz) can black beans, drained and rinsed
- 1/2 can of corn (1/2 cup), drained
- 1 (6-oz) can sliced pitted black olives, drained



## Dressing

Cumin/honey/cilantro dressing

OR

- 1/4 cup of olive oil
- 2 tbs of lime juice
- Salt to taste

## Instructions

1. Peel and pit avocado, then cut into 1/2-inch pieces.
2. Place the lettuce in a big salad bowl. Spoon beans and corn evenly over lettuce and continue making layers with tomatoes, cheese, avocado, and olives.
3. Drizzle dressing over salad.

\*\*You can use the beef taco filling mixture instead of, or in addition to beans. You can also add chicken breast, ground turkey, fish, shrimp, steak or grilled tofu as a protein source.