Taco Salad

Serve this high-fiber salad with fresh fruit for a delicious, quick and easy summer meal.

Serves 8



Nutrition Facts Serving Size 1 Cup Servings Per Recipe 8 Amount Per Serving Calories 210 Calories from Fat 80 % Daily Value* Total Fat 8g 12% Saturated Fat 2.5g 13% Trans Fat 0g Cholesterol 10mg 3% Sodium 210mg 9% **Total Carbohydrate 28g** 9% Dietary Fiber 6g 24% Sugars 4g Protein 7g Vitamin A 50% Vitamin C 20% Calcium 6% Iron 8% *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs Calories: Total Fat Less than 80g Saturated Fat Less than 25g Cholesterol Less than 300mg 300mg Sodium Less than 2,400mg 2.400ma Total Carbohydrate 300a 375g Dietary Fiber 25a Calories per gram: Fat 9 · Carbohydrate 4 · Protein 4

Please note: nutritional values are approximate.

Ingredients

- 8 cups lettuce, chopped
- 2 cups cooked brown rice
- 1 15-ounce can black beans, rinsed and drained
- ½ cup shredded cheese
- 1 avocado, peeled and cubed
- ½ cup crushed tortilla chips
- 1 pound lean ground turkey, browned (optional)
- 2 tomatoes, chopped (optional)

Dressing:

- ¼ cup cilantro
- 2 tablespoons plain yogurt
- 1 tablespoon olive oil mayonnaise
- ¼ cup buttermilk
- ½ teaspoon onion salt
- 2 tomatillos (optional)

Directions

- 1. In a large bowl, combine lettuce, rice, beans, cheese, avocado, tortilla chips, and ground turkety and tomatoes if using.
- 2. To make dressing, combine cilantro, yogurt, mayonnaise, buttermilk, onion salt, and tomatillos, if using, in a blender.
- 3. Pulse until completely combined.
- 4. Pour dressing over salad and toss to coat.
- 5. Enjoy immediately or refrigerate until ready to serve.

