Taco Salad

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

Serves 8

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 turkey 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.

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:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Please note: nutritional values are approximate.

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