Taco Salad

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

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.