



Crunchy Taco Salad

Prep: 10 minutes | Cook: 10 minutes | Total: 20 minutes

Yield: 2 servings | Serving Size: 1 salad with 4oz ground turkey

Ingredients

8-ounces 93% lean ground turkey
1 tablespoon low sodium taco seasoning
4 cups romaine lettuce, chopped
½ cup tomatoes, chopped
1 small cucumber, chopped
½ cup corn, cooked and cooled
2 tablespoons shredded cheddar cheese
1 lime, juiced
1 tablespoon apple cider vinegar
2 teaspoons oil
1 teaspoon sugar
¼ teaspoon cumin
4 large tortilla chips, crushed

Directions

1. Heat a medium nonstick skillet over medium-high heat.
2. Add ground turkey, cook through, breaking into crumbles as it cooks, about 10 minutes.
3. Add taco seasoning and 2-3 tablespoons water, stir to combine. Cook 2 more minutes, remove from heat and set aside.
4. In 2 large bowls, place half of the lettuce, tomato, cucumber, and corn in each bowl.
5. In a small jar with a lid, combine the juice of a lime, vinegar, oil, sugar, and cumin. Shake to combine.
6. Top each salad with half of the taco meat.
7. Sprinkle 1 tablespoon of cheese and 2 crushed tortilla chips over each salad, then drizzle with dressing.
8. Enjoy immediately.

Recipe Notes

- Recipe can be made with black beans instead of turkey.
- If making ahead of time, leave the meat, cheese, chips and dressing separate and add when you are ready to eat.

**Nutrition Facts Per Serving: Calories: 365 | Total Fat: 17 g | Saturated Fat: 5 g
Sodium: 320 mg | Total Carbohydrate: 25 g | Dietary Fiber: 3.5 g | Protein: 26 g**

Adapted from momskitchenhandbook.com | Submitted by Robin LaCroix, RD, CSO
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