Crunchy Taco Salad

Prep: 10 minutes | Cook: 10 minutes | Total: 20 minutes
Yield: 2 servings | Serving Size: 1 salad

**Ingredients**

- ½ pound (8 ounces) lean ground turkey (90% lean or higher; can substitute canned beans)
- 1 tablespoon low-sodium taco seasoning
- 2-3 tablespoons water, to desired consistency
- 1 lime, juiced (about 2 tablespoons juice)
- 1 tablespoon apple cider vinegar
- 2 teaspoons extra-virgin olive oil
- 1 teaspoon sugar
- ¼ teaspoon cumin
- 4 cups chopped Romaine lettuce
- ½ cup diced tomato
- ½ medium cucumber, chopped (about ½ cup)
- ½ cup corn, cooked and cooled
- 2 tablespoons shredded cheddar cheese, divided
- 4 large tortilla chips, crushed, divided

**Directions**

1. Heat a medium nonstick skillet over medium-high heat.
2. Add the ground turkey and cook until no longer pink, about 6-8 minutes, breaking it into crumbles as it cooks.
3. Add the taco seasoning and water. Stir to combine.
4. Cook until fragrant, about 1-2 minutes, then remove from the heat and set aside.
5. Add the lime juice, vinegar, oil, sugar, and cumin to a small jar with a lid. Shake to combine, making a dressing. Set aside.
6. Divide the lettuce, tomato, cucumber, and corn between two large serving bowls.
7. Top each bowl with half of the cooked ground turkey.
8. Sprinkle 1 tablespoon of the cheese and half of the crushed tortilla chips over each bowl. Drizzle each bowl with half of the dressing.

**Recipe Notes**

- To make 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

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