

# Healthy Taco Salad Recipe



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### Ingredients

- 2 tsp. olive oil
- 1 lb. raw 93% lean ground turkey
- 1 Tbsp. Taco Seasoning Blend (or packaged low-sodium taco seasoning)
- $\frac{1}{4}$  cup water
- Nonstick cooking spray
- 8 (6-inch) corn tortillas, cut into strips
- $\frac{1}{2}$  medium ripe avocado

- 1 Tbsp. lemon juice
- 1 dash garlic powder
- Sea salt (or Himalayan salt) (to taste; optional)
- 6 cups shredded lettuce
- 4 medium tomatoes, chopped

## Instructions

1. Heat oil in medium nonstick skillet over medium heat.
2. Add turkey; cook, stirring frequently, for 5 to 7 minutes, or until no longer pink.
3. Add taco seasoning and water; cook, stirring frequently, for 5 to 8 minutes, or until most water has evaporated. Remove from heat. Set aside.
4. Heat a medium nonstick skillet pan over medium high heat. Lightly coat skillet with spray. Add tortilla strips; cook, stirring constantly, for 3 to 4 minutes, or until crisp and golden brown. Set aside.
5. Mash avocado in a small bowl with a fork.
6. Add lemon juice, garlic powder, and salt (if desired); mix well.
7. Divide lettuce evenly between four serving bowls. Top with turkey mixture, tomatoes, avocado mixture, and tortilla strips; serve immediately.

### 21 Day Fix Containers

1½ Green

1 Red

1 Yellow

½ Blue

½ tsp.

*Recipe reprinted from Beachbody On Demand*