

Turkey Taco Salad

Prep time: 10 minutes

Cook time: 30 minutes

Ingredients:

- 2 pounds organic lean ground turkey
- 2 tablespoons olive oil
- ¼ yellow onion minced
- 2 tablespoon chili powder
- 3 teaspoon cumin
- 2 teaspoon kosher salt
- 1 teaspoon garlic
- 1 head of romaine lettuce chopped and washed
- 1 red or yellow bell pepper chopped medium
- ¼ cup thinly sliced green onions
- ½ cup rinsed cilantro leaves and stems
- 1 can organic black beans rinsed
- 1 cup frozen corn (Recommend Trader Joe's fire roasted corn)
- 2 medium avocados (1 avocado chopped and one reserved for salad dressing)
- 1 small lemon
- 1 cup olive oil or avocado oil

Pro tip: This recipe can be used a burrito bowl by adding 1 cup cooked brown rice or quinoa.

1. Heat 2 table spoons avocado oil or olive oil in large skillet add minced onion and sauté until fragrant about 2 minutes. Add ground turkey breaking up with spoon until cooked through.
2. Season with chili powder, cumin, kosher salt and garlic. Allow to rest covered on off burner.
3. Wash and chop romaine, bell pepper, green onion, 1 avocado as directed. Layer fresh vegetables, corn, beans in large salad bowl or individually on plates according to portion size.
4. In food processor or blender combine 1 avocado, ½ cup cilantro, juice of small lemon, 1 small clove of garlic, 1 cup of avocado or olive oil, 1 tsp kosher salt until smooth divide into two small mason jars and place one in freezer for later use if desired.