



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

Recipe Notes

- To make ahead of time, leave the meat, cheese, chips, and dressing separate and add when you are ready to eat.

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.
9. Serve immediately.

**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**

For more recipes, please visit www.nutrition.va.gov



VA | U.S. Department
of Veterans Affairs