

Zesty Turkey Taco Salad

This recipe makes a great family dinner for weeknights because it comes together very quickly and relies upon pantry staples and only a few fresh ingredients. I love using salad as a vehicle for almost any type of cuisine as an easy way to pack in veggies with a variety of fun toppings.

MAKES 4 SERVINGS (2 CUPS EACH)
PREPARATION TIME: 20 MINUTES

Ingredients

Salad:

- 8 ounces 99% lean ground turkey
- 1 tablespoon taco seasoning
- $\frac{1}{2}$ cup water
- 2 quarts chopped romaine lettuce
- 1 cup canned corn kernels, rinsed and drained (or freshly cooked or frozen)
- 1 cup canned black beans, rinsed and drained
- 1 avocado, cubed
- 1 cup low-fat cheddar cheese, shredded
- $\frac{1}{4}$ cup fresh cilantro, chopped

Dressing:

- 2 tablespoons tomato paste
- 2 tablespoons red wine vinegar
- 2 tablespoons olive oil
- 1 teaspoon minced onion
- 2 teaspoons honey
- $\frac{1}{2}$ teaspoon paprika
- 2 tablespoons water



About the Recipe Author

Recipe by Lauren Harris-Pincus MS, RDN, owner of Nutrition Starring YOU, a practice in New Jersey specializing in weight management and prediabetes. She is also the author of *The Everything Easy Pre-Diabetes Cookbook* and *The Protein-Packed Breakfast Club*.



Instructions

1. Spray a sauté pan or skillet with nonstick cooking spray, and heat on medium-high heat. Add turkey, and cook undisturbed for 5 minutes, then break up with a spatula or wooden spoon. Continue to cook until no longer pink.
2. Drain the extra liquid, add taco seasoning, and $\frac{1}{3}$ cup water. Stir while cooking, until water is absorbed. Remove from heat. Set aside.
3. While turkey is cooking, prepare the dressing in a medium bowl by whisking together the tomato paste, red wine vinegar, olive oil, onion, honey, paprika, and 2 tablespoons water until well combined. Add more water, if needed, to achieve desired consistency. Set aside.
4. In a large serving bowl or platter, add lettuce, and top with corn and beans.
5. Arrange cooked ground turkey on the greens. Top with avocado, shredded cheese, and cilantro. Drizzle dressing on top of the salad.

Note: Top the salad with tortilla chips for extra crunch.

Nutritional Analysis (2 cup serving): 343 calories, 28 g carbohydrate, 10 g fiber, 8 g total sugar, 2 g added sugar, 14 g fat, 2 g saturated fat, 33 mg cholesterol, 30 g protein, 626 mg sodium

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