

Clean Eating Turkey Taco Salad

Yield: 3 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/fruit-salad-recipe-for-thanksgiving-dinner>

Ingredients:

- 1 tablespoon olive oil divided
- 1 cup red bell pepper chopped
- 1 cup orange bell pepper chopped
- 1/2 red onion chopped
- 1 pound ground turkey
- 2 tablespoons taco seasoning
- romaine lettuce chopped
- 1/2 cup grape tomatoes chopped
- 1 jalapeno pepper chopped
- 1/2 avocado chopped into chunks
- 1/2 cup fruit based salsa, I used peach
- 1 lime
- chopped cilantro to taste
- hot sauce to taste

Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 21 grams
3. Cholesterol: 120 milligrams
4. Fat: 22 grams
5. Fiber: 7 grams
6. Protein: 28 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 390 milligrams
9. Sugar: 10 grams

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