

# Skinny Taco Salad Bowl

Yield: 4 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-taco-salad-bowl-recipe>

## Ingredients:

- 1 pound ground turkey or chicken
- 3 tablespoons taco seasoning mix substitute one packet prepaid taco seasoning
- 1/2 cup water
- 15 ounces black beans rinsed well and drained
- 1 cup cherry tomatoes sliced in half
- 2 ears corn kernels removed, substitute one cup frozen corn, thawed
- 1/2 cup red onion diced
- 2 heads romaine lettuce chopped
- 8 ounces plain greek yogurt
- 1 cup salsa use your favorite!
- tortilla strips crunchy