

20 Minute Healthy Taco Salad

Yield: 4 min
Total Time: 20 min

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

Ingredients:

- 1 pound lean ground beef or ground turkey
- pepper
- salt
- 2 tablespoons taco seasoning homemade
- 1/2 cup water
- 8 cups romaine lettuce chopped
- 15 ounces black beans rinsed and drained
- 15 ounces corn drained
- 1 cup cherry tomatoes halved
- 1 cup grated cheddar and/or jack cheese
- 1 avocado large, sliced
- 1 cup salsa
- plain greek yogurt or sour cream for serving if desired

Nutrition:

1. Calories: 590 calories
2. Carbohydrate: 54 grams
3. Cholesterol: 100 milligrams
4. Fat: 24 grams
5. Fiber: 19 grams
6. Protein: 44 grams
7. SaturatedFat: 9 grams
8. Sodium: 1380 milligrams
9. Sugar: 8 grams

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