



Turkey Taco Salad

Ingredients:

- 2c. shredded iceberg lettuce
- 2 oz mixed yellow and red cherry tomatoes
- 2 TBSP canned or jarred sliced jalapeno peppers
- 2 oz yellow corn, boiled and drained
- 1/2c fat free refried pinto beans
- 3 oz cooked 93% fat free ground turkey
- 1 oz shredded low fat Mexican or soy cheese blend
- 2 TBSP pico de gallo
- 2 TBSP Trader Joe's Guilt Free guacamole
- 2 TBSP Seasoned salad topper tortilla strips
- 2 TBSP 0% Fage or other fat free greek yogurt
- Taco seasoning to taste
- chopped cilantro to garnish
- Cooking spray

Instructions:

1. Coat medium skillet with cooking spray. Add ground turkey and taco seasoning to taste. Brown turkey until well done. Drain and set aside.
2. Place shredded lettuce in bowl. Lightly season with additional taco seasoning and toss through.
3. Top with ground turkey, corn, refried beans, tomatoes, jalapenos, pico de gallo.
4. Add greek yogurt, guacamole, tortilla strips, cilantro. Toss all ingredients together and serve.

Servings: 1

Calories: 388 calories per serving
40g carbs/9g fat/37g protein