



Taco Salad



Taco salads sound like a good choice, but they can have more than 1500 calories! We gave the classic taco salad a makeover that's light, healthy, and tasty.

Course Main Course, Salad
Cuisine Mexican

Prep Time 15 minutes
Cook Time 19 minutes
Total Time 34 minutes

Servings 4 servings
Calories 370 kcal
Author Beachbody

Ingredients

- 2 tsp. olive oil
- 1 lb. raw 93% lean ground turkey
- 1 Tbsp. **Taco Seasoning Blend** (or packaged low-sodium taco seasoning)
- ¼ cup water
- Nonstick cooking spray
- 8 (6-inch) corn tortillas, cut into strips
- ½ medium ripe avocado
- 1 Tbsp. lemon juice
- 1 dash garlic powder
- Sea salt (or Himalayan salt) (to taste; optional)
- 6 cups shredded lettuce
- 4 medium tomatoes, chopped

Instructions

1. Heat oil in medium nonstick skillet over medium heat.
2. Add turkey; cook, stirring frequently, for 5 to 7 minutes, or until no longer pink.
3. Add taco seasoning and water; cook, stirring frequently, for 5 to 8 minutes, or until most water has evaporated. Remove from heat. Set aside.
4. Heat a medium nonstick skillet pan over medium high heat. Lightly coat skillet with spray. Add tortilla strips; cook, stirring constantly, for 3 to 4 minutes, or until crisp and golden brown. Set aside.
5. Mash avocado in a small bowl with a fork.
6. Add lemon juice, garlic powder, and salt (if desired); mix well.
7. Divide lettuce evenly between four serving bowls. Top with turkey mixture, tomatoes, avocado mixture, and tortilla strips; serve immediately.

Recipe Notes

The Nutrition Facts box below provides estimated nutritional information for this recipe.

Nutrition Facts

Taco Salad

Amount Per Serving (1 serving)

Calories 370 Calories from Fat 153

% Daily Value*

Total Fat 17g **26%**

Saturated Fat 4g **20%**

Cholesterol 84mg **28%**

Sodium 453mg **19%**

Total Carbohydrates 31g **10%**

Dietary Fiber 7g **28%**

Sugars 4g

Protein 27g **54%**

* Percent Daily Values are based on a 2000 calorie diet.