



What's On My Plate?

Juan Healthy Taco Salad

The Protein

Ground meat (beef or turkey) or soy meat
Taco seasoning*

The Salad

Romaine Lettuce
Red & Yellow Bell Peppers seeded and chopped
Cucumber chopped
Tomatoes chopped
Frozen corn (defrosted)
Black beans (if canned, drained)
Fresh Cilantro chopped

The Toppings

Avocado
Fresh Pico De Gallo/ Salsa**
Corn tortilla chips (blue, yellow, salt free, fat free, whatevs)
Shredded Cheddar Cheese (optional and in my opinion unnecessary but hey if you need your cheese I can't fault you for it)

Directions:

I cook my ground meat/ turkey/ soy meat in a pan with the taco seasoning. While the protein is cooking I get out a big bowl and I start *'chopping and dropping'*. You can add more fresh veggies to this salad to make it even more vitamin packed. Some good examples are jicama, carrots, red cabbage, etc. Add your defrosted and drained corn and black beans to the bowl and mix with all the veggies.

Once your protein is cooked then it is time to serve. Start with your salad mix, top with your protein and then top with your desired toppings. The chips lightly crumbled on top add that crunch to the salad that you would normally get from the fatty fried tortilla bowl that most Mexican restaurants serve their taco salads in but much healthier.

And that's it! Salud!

Notes...

Prepared taco seasoning is a rip off especially when you can make your own at home with spices that you probably already have in your cabinet. Mix equal parts... Chili Powder, Paprika, Cumin, Garlic Salt and Dried Onion.

** I use the pico de gallo as a salad dressing. If you are looking for a creamier dressing, mix the pico de gallo with some nonfat sour cream or nonfat plain yogurt.**