

Taco Salad with Avocado Dressing

Make this quick and easy taco salad with herbs and spices from your cupboard rather than the high sodium packaged taco seasoning. The dressing is fresh and so no preservatives are added.

Serves: 4

Serving size: about 1½ cups

Dressing

½ avocado, peeled and pit removed
1 tbsp olive oil
1 tbsp light sour cream
1 tbsp fresh lime juice
1 garlic clove, minced
2 tsp chopped fresh cilantro
1 tbsp water
Dash of salt

Salad

8 oz lean ground turkey
1 tsp chili powder
½ tsp ground cumin
¼ tsp garlic powder
¼ tsp dried oregano
¼ tsp salt
¼ tsp paprika
3 cups chopped romaine lettuce
¼ cup diced red onion
2 tbsp sliced black olives
3 green onions, chopped
1 medium tomato, diced
¼ cup shredded cheddar cheese



Directions:

1. Combine all dressing ingredients in a blender or mini chopper and blend until it reaches the desired consistency. Set aside.
2. Heat a medium skillet over medium high heat. Add the ground turkey and use a spatula to break up it up into small pieces. Add chili powder, cumin, garlic powder, oregano, salt, and paprika. Cook until no pink remains.
3. In a medium bowl combine lettuce, red onion, olives, green onions, and tomato.
4. Divide lettuce mixture on to four plates. Divided meat mixture evenly on top of lettuce. Top with dressing and shredded cheese.

Per serving: 210 calories, 14g protein, 15g fat (4g saturated, 50mg cholesterol, 7g carbohydrate, 3g fiber, 2g sugar, 320mg sodium)

% Daily Value: Vitamin A 70%, Vitamin C 25%, Calcium 4%, Iron 10%

Recipe adapted from Paleo Grubs

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