

## **Taco Salad**

1 lb lean ground Turkey  
2 tsp olive oil  
1 clove garlic, minced  
½ cup chopped yellow onion  
1 green sweet bell pepper, chopped  
1 tsp cumin  
1 tsp chili powder  
Pepper  
Sea Salt (optional)  
1 head Romaine lettuce, washed, dried and chopped  
15 oz can diced tomatoes, no salt added, drained  
1 Tbsp fresh cilantro, chopped (or ½ tsp dried)  
½ cup red onion, chopped  
15 oz can black beans, washed and drained  
2 limes, sliced

Heat oil in medium pan. Add garlic, onion and sweet pepper. Sauté for about 2 minutes. Add cumin and chili powder. Cook for 1 minute. Add turkey, salt and pepper and cook until browned, about 6 minutes. Remove from heat.

To prepare salad, combine tomatoes, cilantro and red onion in small bowl. Evenly distribute lettuce into each bowl. Top with ½ cup meat mixture, ½ cup tomato mixture, ¼ cup black beans and ¼ cup cheese. Sprinkle salad with fresh lime juice wedge and serve.

Serves 4.