

Quick Taco Salad



Discover our Quick Taco Salad, an explosion of Tex-Mex flavors in every bite. An easy, delicious, and balanced recipe that will delight your taste buds and busy schedule. A fresh and convenient pleasure to enjoy without delay!

Preparation 5 min
Cooking 10 min
Servings 4
Nutrition Facts (per serving)
Calories 330
Fat 13
Carbohydrates 30
Fibre 12
Protein 28
Sodium 575

Ingredients

- 225 g (approximately 1/2 lb) of extra lean ground beef, raw
- 15 ml (1 tbsp) of chili powder
- 2 L (8 cups) of coarsely chopped romaine lettuce
- 1 can (540 ml) of red kidney beans, rinsed and drained
- 1 medium tomato, diced

- 125 ml (1/2 cup) of homemade or store-bought salsa
- 125 ml (1/2 cup) of plain Greek yogurt
- 1 avocado, cut into pieces (see Note)

Note: Try frozen avocados. They are quick to prepare (30 seconds to 1 minute in the microwave) and always ready to eat!

Preparation

1. In a medium-high heat skillet, cook the ground beef with the chili powder.
2. Meanwhile, divide the lettuce into 4 bowls and top with the red kidney beans and diced tomato.
3. Garnish with salsa, Greek yogurt, and avocado.
4. Add the cooked ground beef and enjoy!

Notes

For easier leftovers management, store the ground beef in a separate dish to reheat as needed.



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