

Taco Salad

Ingredients

1 lb Ground Organic Turkey Breast

2 Small containers (one for cooking, one for topping) Pico de Gallo

1 14.5 oz can Cuban Black Beans

Brown Rice Tortillas Assorted Greens for Salad

Avocado or Guacamole

Greek Style plain yogurt (instead of sour cream)

Black olives

Organic cheese of choice

Balsamic Vinaigrette (preferably homemade) Himalayan salt, pepper and spices to taste.

Cook turkey in skillet until almost fully cooked, then add Pico de Gallo and finish cooking.

Heat Black Beans

Lightly spray olive oil or spread coconut oil on tortillas and season if desired, then toast. If you prefer tortilla in sections, cut before toasting. Lay toasted tortilla on bottom of plate or bowl. Layer beans, turkey, cheese (optional). Pile on the greens with cilantro added (can be dressed with balsamic first or after), Cheese (grated or crumbled) Pico de Gallo, Avocado or Guacamole, plain yogurt and olives. Feel free to add any other veggies!