



Turkey Taco Salad



Entire recipe: 354 calories, 10.5g total fat (3.5g sat. fat), 656mg sodium, 36.5g carbs, 9g fiber, 11g sugars, 31g protein

Prep: 10 minutes **Cook:** 20 minutes

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Ingredients

- 4 cups shredded lettuce
- 1/2 cup chopped bell pepper
- 1/4 cup chopped onion
- 4 oz. raw lean ground turkey (7% fat or less)
- 1 tsp. taco seasoning mix
- 1/4 cup canned black beans, drained and rinsed
- 2 tbsp. frozen sweet corn kernels
- 2 tbsp. salsa
- 3 baked tortilla chips, lightly crushed
- 1 tbsp. light sour cream

Directions

Place lettuce in a large bowl (or on a large plate).

Bring a skillet sprayed with nonstick spray to medium-high heat. Cook and stir pepper and onion until softened and lightly browned, about 4 minutes.

Add turkey to the skillet, and sprinkle with taco seasoning. Cook and crumble until fully cooked, about 5 minutes. Add black beans and corn, and cook until hot, about 2 minutes.

Transfer contents of the skillet to the lettuce bowl. Top with remaining ingredients, and dig in!

MAKES 1 SERVING

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