

Taco Salad



Ingredients

For 1 serving

- 4 oz Lean Ground Turkey, Chicken or Extra-Lean Beef (Approx. 1 cup)
- 1/2 cup of Diced Vegetables (Peppers, lettuce, or any veggie)
- 1/3 cup Cheddar Cheese
- 1-2 Tbsp Salsa or Taco Sauce
- 1 Bag of Quest Nacho Chips (Crushed)

Taco Seasoning

- 1/2 Tbsp Chili Powder
- 1 tsp Garlic Powder
- 1/2 tsp Onion Powder
- 1/4 tsp Dried Oregano
- 1 Tbsp Paprika
- 1/2 tsp Ground Cumin
- 1/4 tsp Salt
- 1/4 tsp Black Pepper

Directions

1. Sear ground meat into frying pan
2. Add spices into pan with meat
3. Cut up vegetables and prepare any other toppings/sauces
4. Add all ingredients into large bowl

Enjoy fresh!!!

(Meat can be cooked in advance)

