



Turkey Taco Salad

Ingredients:

- 8 oz lean Ground Turkey
- 2 tbs of Taco Seasoning (low sodium)
- Pinch of Salt
- 1 ½ cup romaine lettuce
- ¼ cup Cilantro, chopped
- ¼ cup Red Onion, sliced
- ¼ cup prepared Tomatillo Salsa “Dressing” or no sugar added red salsa
- A small dash of Grape Seed Oil
- Slice of Lime

Directions:

1. In a frying pan, heat the Grape Seed Oil over medium heat.
2. Add the Ground Turkey, Taco Seasonings, and a pinch of Salt. Mix well.
3. Cook the meat until brown, stirring occasionally.
4. Once cooked, stir in the Cilantro.
5. On a plate, assemble the Baby Spinach (or Kale), top with Tomatillo Salsa, Meat, Cilantro and Red Onion. Add a squeeze of Lime.
6. Enjoy!

Servings: makes 1 serving.

Each serving = 8 oz. lean protein, ¼ cup select vegetables, ¼ cup occasional vegetables.

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