Taco Salad with Avocado Dressing

Taco salad used to be my go-to dinner when I was working 9 to 5 every day. It was really easy to throw together based on whatever was in my pantry. Also, I usually cooked enough taco meat to have some as leftovers to make the next day’s lunch or dinner even easier. Here I have adapted the classic taco ingredients into a salad for a quick and healthy weeknight meal.

ingredients

For the salad:

2-3 cups shredded romaine lettuce

1/4 cup red onion, diced

3 tbsp sliced black olives

3 green onions, chopped

8 oz. ground beef

1/2 tsp ground cumin

1/4 tsp garlic powder

1/8 tsp dried oregano

Salt and pepper, to taste

For the dressing:

1/2 avocado, pit removed

2 tbsp olive oil

1 tbsp lime juice

1 clove garlic, minced

1 tsp fresh cilantro, chopped

1 tbsp water

Pinch of salt

1. To make the dressing, blend the ingredients with an immersion blender

or in a regular blender and process until smooth. Add more water if

necessary to reach desired consistency, and taste for seasoning. Set aside.

2. Cook ground beef with seasonings over medium heat. Assemble salad

by combining all of the salad ingredients in a large bowl. Toss well to

combine. Top with dressing to serve.