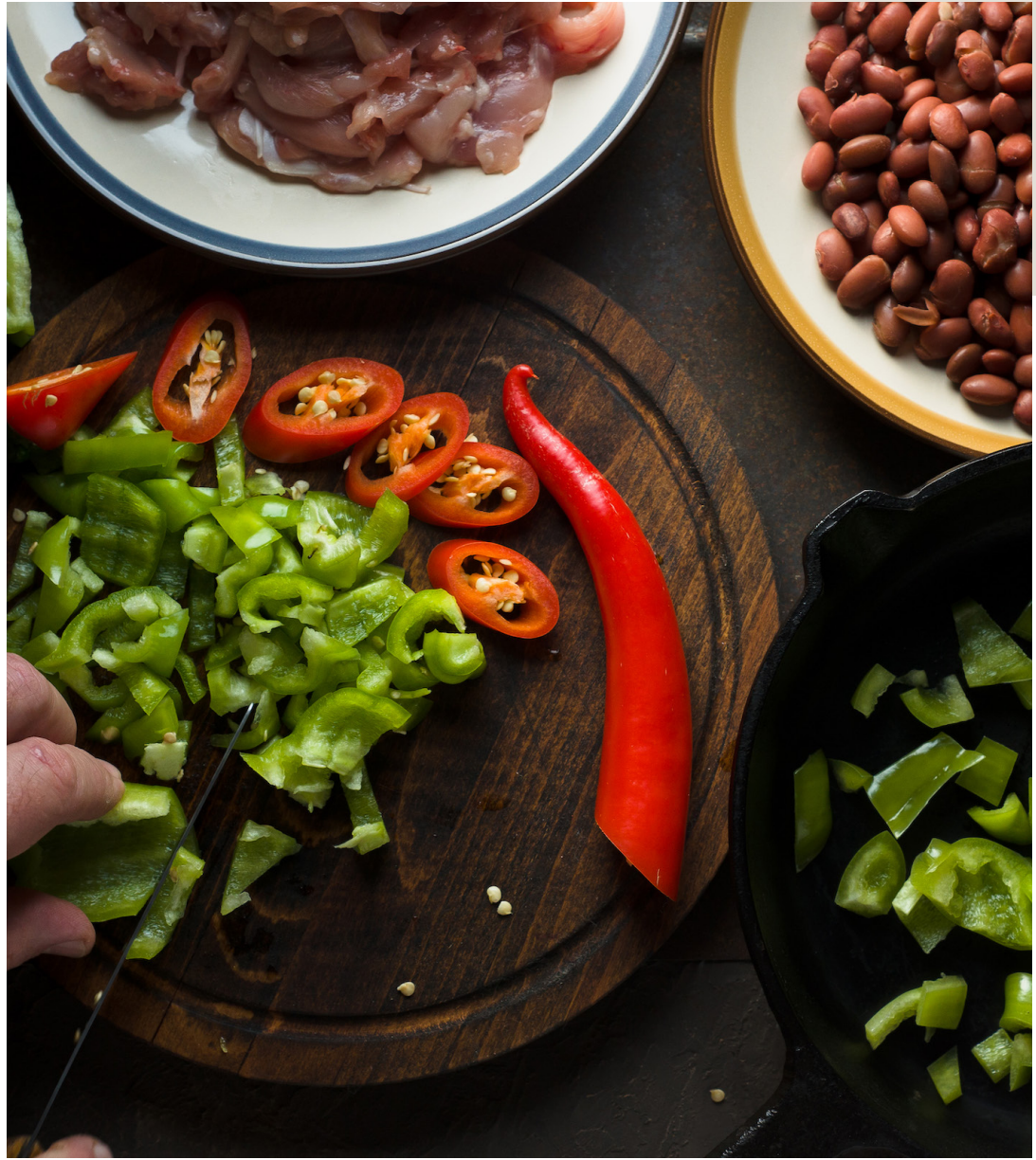


Taco Salad

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SHORT STORY

Here is a zesty taco salad recipe that will satisfy all of your taco dreams and minimize your carbohydrate intake for the day. For a quicker prep time, make the taco seasoning and salad dressing in advance!

OATH & GRIND
Susan Hoff
BY SUSAN HOFF

**TIME**

30 Min

**SERVES**

4-6 people

**COOK**

Stove

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INGREDIENTS

Salad

- 1lb lean ground turkey (or beef)
- 3 cups romaine lettuce
- 3 cups baby spinach
- 1 cup black beans, drained and rinsed
- 1 cup tomatoes
- 1 avocado
- 1/4 cup red onion
- 1 jalapeño
- 1/4 cup bell peppers
- goat cheese, to taste
- salad dressing (see recipes below)

Taco Seasoning

- 1 Tbsp. chili powder
- 1/2 Tbsp. cumin
- 1/2 tsp. onion powder
- 1/4 tsp. garlic powder
- 1/4 tsp. red pepper flakes
- 1/2 tsp. oregano
- 1/2 tsp. salt
- 1 tsp. pepper
- 1 pinch cayenne pepper

INSTRUCTIONS

1. Cook beef over medium heat until brown. Drain excess fat.
2. Mix together the taco seasoning ingredients while the beef cooks. Then add the seasoning and 1/2 cup water to the meat. Turn to simmer and cook for another 5 minutes.
3. Chop lettuce and spinach and place into a large salad bowl. Add the meat and black beans. Dice the tomatoes, avocado, red onion, jalapeño, and bell peppers. Sprinkle them on top along with the goat cheese.
4. Plate your salad and spoon the salad dressing on top.

3 Light & Easy Salad Dressings

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SHORT STORY

I love making my own dressings since I can better control the sugar content, oil quality, and calorie count. Each of the salad dressings below takes less than 5 minutes to prepare and bursts with full-bodied flavor.

OATH & GRIND
Susan Hoff
BY SUSAN HOFF

**TIME**

5 Min

**SERVES**

1 Salad

**COOK**

No Cooking

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INGREDIENTS

Balsamic Vinaigrette

- 1/3 cup olive oil
- 1/4 cup lemon juice
- 1 tsp. raw, local honey
- 2 Tbsp. balsamic vinegar
- 2 Tbsp. stone ground mustard
- 2 tsp. garlic powder
- salt, to taste
- pepper, to taste

Oil & Vinegar

- 1/3 cup olive oil
- 1/4 cup apple cider vinegar
- 2 tsp. garlic powder
- 2 tsp. onion powder
- salt, to taste
- pepper, to taste

Cilantro Lime Vinaigrette

- 1/3 cup olive oil
- 1/4 cup lime juice
- 1 tsp. raw, local honey
- 3 Tbsp. apple cider vinegar
- 2 Tbsp. dijon mustard
- 2 Tbsp. cilantro, chopped finely
- 3 cloves garlic, minced
- salt, to taste
- pepper, to taste

INSTRUCTIONS

For the Balsamic and Oil & Vinegar

1. Place all of the ingredients into a mason jar and shake before drizzling onto your salad.

For the Cilantro Lime

1. Place all of the ingredients into a food processor and blend until smooth.