



## BOLD & BRIGHT TACO SALAD

---

### INGREDIENTS

- 1 bunch green leafy lettuce
- ¼ cup cilantro
- ½ cup-1 cup diced tomatoes
- 1 cup diced bell peppers -red/yellow/orange
- 1 avocado
- ½ can black beans
- ½ can kidney beans
- ½ can corn
- Zesty Italian Dressing
- Doritos (optional)
- Ground-beef with taco seasonings (optional)



### INSTRUCTIONS

- If you'd like to make the meat version, brown the hamburger/turkey burger and add taco seasoning. Set aside in the fridge to cool while you make the rest of the salad.
- 
- VEGGIES: Chop up the leafy green lettuce. I'm a big fan of chopping it into smaller pieces so you're not trying to maneuver a huge piece of lettuce onto your fork. Add the cilantro—mmmm smell the freshness! Next, dice the bell peppers. I usually put two or three different colors in for variety of both color and taste. This is one of the key ingredients that make this salad look SO yummy! Chop the tomatoes into bite-size pieces. I change up the type of tomatoes depending on the season, but cherry tomatoes are a fun, colorful option.