

TURKEY TACO SALAD BOWL

(inspired by [Averie Cooks](#))

4 large tortillas (I used Carb Balance flour tortillas)

a few tablespoons of vegetable oil

oven safe bowls to bake tortillas

for the Cilantro Lime Dressing:

1 bunch fresh cilantro, stems included (about 2 cups)

½ cup full-fat yogurt cream

¼ cup olive oil

½ teaspoon salt

½ teaspoon freshly ground black pepper

juice of 1 lime

for the salad:

1 pound lean ground beef

1 tablespoon taco seasoning mix

salt to taste

1 cup corn kernels (I used frozen, defrosted)

Romaine lettuce, shredded lettuce

1 cup diced tomatoes

1 cup canned black beans, drained and rinsed

1 avocado, sliced

Shredded Mexican cheese

salsa (I used tomatillo salsa)

Make the tortilla bows. Heat oven to 375F. Heat a little oil on a non-stick skillet, place the tortilla over the hot oil, when it starts to bubble, flip it over, heat for a few seconds, then place inside an oven-safe bowl. Bake for 15 minutes or until it gets crispy. You can do this in advance.

Make the dressing. Place the cilantro, yogurt, olive oil, salt, pepper and lime juice in a food processor and process until smooth. Reserve in the fridge until needed. You can also make the dressing hours or a day in advance.

Make the taco meat. Brown the ground turkey on hot oil, seasoned lightly with salt. Once the meat is getting some color, add the taco seasoning and 1/4 cup water. Simmer gently, cover the pan for 5 minutes, then uncover and let the water evaporate until it reaches the level you like for your salad.

To assemble the salad, add all different components inside the tortilla bowl, drizzle the cilantro dressing all over.