**Taco Salad**

**Produce**

garlic (if needed)

1 medium yellow onion

1 head red leaf lettuce

1 bunch cilantro leaves

1 cucumber  
  
1 green pepper

1 Anaheim pepper

1 Jalapeno pepper

1 lime

3 Roma tomatoes

**Canned/Dried Foods**

one - 15 oz. can no-salt diced tomatoes

low-sodium veggie broth (if needed)

honey (if needed)  
  
dry oregano leaves (if needed)  
  
ground cumin (if needed)

mild chili powder (if needed)

red wine to cook with (if needed)

**Frozen Foods**

One 8 oz. package ground plant-based alternative (if going meatless)

**Meat/Fish/Poultry**

one half lb. ground turkey breast(if eating meat)

**Chilled Foods/Dairy**

plain, nonfat yogurt (if needed)

4 oz. sharp cheddar cheese (if needed)

1 package six inch corn tortillas