

# Taco Salad

Maximum munchability awaits your diners tonight. This taco salad features a fluted tortilla cup filled with homemade taco filling and surrounded by seasonal crisp lettuce. Savory avocados, sliced bell peppers, cucumbers and poppin' good cherry tomatoes round out the flavor and texture profile. It's topped with homemade tomato salsa. What's not to like here?

**Preparation time: 40 mins. Serves: 2.**

## Organize Your Ingredients!

### Notes on Organizing

Prep and organize ingredients so they are easy to add as you need them.

Prep a total of 2 cloves of chopped garlic: 1 for the Taco filling and 1 for the Salsa. There are 3 separate preps for onion: 1/2 C. sliced onion is for the Taco Salad, 1/4 C. chopped onion for the taco filling and 1/2 C. chopped for the salsa.

### Shaped Tortillas and Seared Onions and Peppers

#### Shaped Tortillas:

two 6" soft corn or wheat-flour tortillas

#### Seared Onions and Peppers:

2 tsp. canola oil  
1/2 C. onions (thin sliced and quartered)  
1/2 C. green pepper (cut into 1" strips)  
1/4 C. red pepper (cut into 1" strips)

### Taco Filling

1 tsp. olive oil  
1/4 C. onion (chopped)  
1 clove garlic (smashed and chopped)  
8 oz. lean ground beef or plant-based choice  
1/2 tsp. dry oregano leaves  
1/2 tsp. dry basil leaves  
2 tsp. chili powder  
1/4 tsp. ground cumin  
1/4 C. white wine  
dash of Tabasco

### Quick, Low-sodium Tomato Salsa

1/2 C. finely-chopped onion  
1 clove garlic (smashed and chopped)  
1/2 of a jalapeño pepper (seeded and finely chopped)  
1 Anaheim Pepper (seeded and finely chopped)  
1/4 C. fresh cilantro (chopped)  
Juice from 1 lime  
pinch of salt  
  
one 15 oz. can no-salt diced tomatoes

### Salad Assembly

8 leaves leaf lettuce (rolled and thin-sliced)  
1 C. cucumber (peeled and chopped)  
2 tsp. olive oil  
1 T. lime juice  
2 Roma tomatoes (chopped)  
or  
8 cherry tomatoes (halved)  
1 avocado (sliced)  
  
1/3 C. plain, nonfat yogurt  
2/3 C. Quick, Low-sodium Tomato Salsa  
1/4 C. shredded sharp cheddar cheese

## Let's Prepare, Cook, and Plate This!

### Basic Assembly Instructions

Now that you've prepped ingredients, you have only a few easy steps left to complete the meal.

### Shaped Tortillas and Seared Onions and Peppers

Shape tortillas:

1. Start by sprinkling tortillas with a little water and setting them over the opening of a 5" bowl. You're essentially creating a tortilla lid over the bowl.
2. Warm bowl with tortilla lid in the microwave for 25 seconds. Remove from the microwave and push the warm, softened tortilla into the bowl as you shape it creating fluted edges. Leave shaped tortilla in the bowl and set aside to cool. Repeat process with second tortilla in a separate bowl.

Seared Onions and Peppers:

Using a medium-sized sauté pan, heat canola oil until it shimmers. Toss the sliced onions and prepped peppers until edges start to turn brown. Set aside on a plate.

### Taco filling

1. Using the same medium sauté pan used for vegetables, toss 1/4 C. chopped onion and 1 clove garlic 1-minute in oil over medium-high heat.
2. Add plant based choice (or optional meat), spices, white wine and Tabasco. Toss over medium-high heat until it browns. Remove from heat and set aside.

### Quick, Low-sodium Tomato Salsa

If assembling by hand: Chop ingredients as indicated in prep. Stir together with tomatoes.

If using a food processor: Start by chopping all ingredients except the diced tomatoes until finely chopped. Add the tomatoes and pulse a few times to mix them with the other items.

### Salad Assembly

1. Place sliced lettuce leaves in a large bowl. Add prepped cucumber and toss with olive oil and lime juice. Divide lettuce mixture between two large plates.
2. Make an indentation in the center of the salad ingredients. Place shaped tortilla in the space and fill with about 3/4 C. seasoned meat filling.
3. Divide seared veggies, tomatoes and avocado slices over the lettuce portion of the plate. Top with a dollop of yogurt and 1/3 C. of salsa. Garnish with a grating of sharp cheddar cheese.

### What I've Learned from this Recipe

Making your own taco filling is definitely the way to go. You'll end up with perfectly seasoned filling that's not too salty. The same will be true when you make your own salsa.

Let us know what you think, and ask any questions you may have! [chezdon@plate6.com](mailto:chezdon@plate6.com)