Ground Chicken Taco Salad

Servings: 2
Adapted from Harris Teeter ground turkey package

Ingredients

½ package of ground chicken
½ tablespoon olive oil
1/2 small yellow onion, chopped
1/2 Roma tomato, chopped or ½ cup grape tomatoes, quartered
1 tsp minced garlic
¼ jar taco sauce
1 teaspoon jalapeno pepper, seeded and chopped
½ teaspoon chili powder
½ teaspoon ground cumin
3 cups shredded or chopped lettuce
1 can black beans, rinsed and drained
Wholly guacamole

Preparation

1) Heat oil in medium skillet. Add onion and garlic and cook for 3 minutes.
2) Add chicken and cook, breaking it up with a wooden spoon or spatula. Cook about 5 minutes or until no longer pink.
3) Add taco sauce, jalapeno, chili powder, and cumin. Cook about 10 minutes until thickened and flavors are blended.
4) Spoon mixture on top of lettuce. Garnish with chopped tomato, black beans, and guacamole.