

Ground Chicken Taco Salad

Servings: 2

Adapted from Harris Teeter ground turkey package

Ingredients

1/2 package of ground chicken

1/2 tablespoon olive oil

1/2 small yellow onion, chopped

1/2 Roma tomato, chopped or 1/2 cup grape tomatoes, quartered

1 tsp minced garlic

1/4 jar taco sauce

1 teaspoon jalapeno pepper, seeded and chopped

1/2 teaspoon chili powder

1/2 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.