

Taco Salad with Cilantro Vinaigrette

Meat:

1 1/2 lb ground beef
1/2 onion, diced
3 cloves garlic, minced
1/2 tsp oregano
1/2 tsp onion powder
1/4 tsp paprika
2 tsp chili powder
1/4 tsp black pepper
1 tsp cumin
1/2 tsp garlic powder
1 tsp salt

Salad:

Head of romaine lettuce
1 can black beans, rinsed and drained
1 can corn, drained
1/2 cup cilantro, chopped
2 tomatoes, chopped
1 can sliced olives
2 green onions, sliced
1/4 cup shredded cheese
2 avocados, diced

Cilantro Lime Vinaigrette:

1/2 cup cilantro, chopped
1/4 cup canola oil
1-2 Tbsp lime juice
1 Tbsp red wine vinegar
salt and pepper to taste
1 clove garlic, minced
1/2 tsp oregano

6 corn tortillas, chopped into bite sized pieces

Preheat oven to 400. Spray a baking sheet with cooking spray. Place chopped corn tortillas on baking sheet. Spray tortillas and sprinkle with salt. Bake for 8-10 minutes; stir and return to oven for an additional 8-10 minutes until tortillas are crisp.

In a large skillet, cook ground beef with onion and garlic; drain. Add spices and cook for 10 minutes.

In a large bowl, combine all ingredients for the salad.

Combine all ingredients for the dressing in a blender and pulse until blended through.

Combine beef, tortillas, and dressing with the salad. Toss and serve immediately.

Serves 6-8