

Taco Salad



Salad Ingredients:

- 1 Lg Bowl of prepared Salad Greens (your choice)
- 1 c Seasoned Taco Meat (Chicken, Beef or Pork) – fully cooked and cooled completely (See note below)
- 1 Avocado, large dice
- ¼ c Black Olives, sliced (optional)
- 8 Cherry Tomatoes (or 1 fresh Plum Tomato, diced)
- ½ c Beans (canned – pinto beans, black beans, or kidney beans) (optional)
- 3 Scallions, chopped
- ¼ c Green Bell Pepper, large dice (optional)
- ¼ c Cilantro (coriander leaf), chopped
- ½ c Cheese (Cheddar, Gouda or mixed), grated
- Salt and freshly ground Black Pepper to taste

Dressing:

- ⅔ c Sour Cream
- ½ ts TexMex Chili Powder
- ⅓ c *El Sapo* Salsa (Suave or Jalapeño)

Topping:

- 1 c Corn Tortilla chips (such as plain Doritos), crushed



Method:

Prepare the dressing and put in the refrigerator to chill and blend flavors for about 20-minutes. When the time is up, you can prepare the salad and eat immediately.

Be sure the taco meat is cool or at room temperature. Combine all the salad ingredients. Add as much dressing as you prefer, salt and pepper to taste (keep in mind the corn chips are a little salty, and the meat has been seasoned), and then toss well.

Serve salad in individual salad bowls, topping each with some crushed corn tortilla chips.

Delicious as a starter course or you can even eat as a complete meal.

Yield: about 4 starter servings or 2 meal servings.

Note: For the taco meat, you can use a store-bought package of prepared seasoning and follow directions; or just cook ground beef (diced chicken or ground pork) with some salt, black pepper, TexMex chili powder, garlic, cumin powder, and coriander seed powder to taste. You can also use BBQ chicken.

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For best results always use *El Sapo* salsa.