



Low-Carb Taco Salad Bar - Feeds about 10 people

Serve it up for Super Bowl Sunday and hear your guests cheer. Just set up a salad bar and let everyone personalize their own plate of food. The options are endless. Here are a few.



Ingredients:

- 2.5 lbs lean ground beef, chicken or turkey meat (Stew meat, pork shoulder, and a whole chicken work too.)
- 1 large yellow onion, diced
- 2 packages taco salad seasoning
- 4 cups shredded cheese (2% cheddar cheese, gorgonzola feta, or a combo)
- * optional 2 14 oz cans cooked beans (refried, whole, black, or spicy) - not low-carb with this.
- 4 heads Romaine lettuce, chopped
- 8 fresh tomatoes, chopped
- 5 avocados, mashed
- 2 English cucumbers, chopped
- 1 bunch fresh cilantro, chopped
- 1 jicama, chopped
- 2 red onions, chopped
- 2-3 bunches green onions, chopped
- 16 oz salsa of your choice (green, red, spicy)
- 16 oz container light sour cream
- 2 cups black olives, chopped
- Jalapenos, sliced
- Salt and pepper



Instructions:

- Cook ground meat in large skillet with diced yellow onion. Cook thoroughly. Add the taco seasoning, one package first, with $\frac{1}{2}$ cup water; let simmer while prepping the other ingredients. Add more seasoning from the second package as desired.
- If using refried beans - heat 2 cans of refried beans and add $\frac{1}{2}$ to 1 can of water – mix thoroughly. Heat. Add some shredded cheese, about 1 cup. Let simmer.
- Prepare all vegetables and condiments. (You can do this ahead of time, too.)
- To present your taco salad bar, arrange the food on a long counter or island in separate bowls for assembly.



by Paula Hendricks, Nutrition Consultant, February 2016