Taco Salad

Ingredients

1 lb ground beef or turkey

1 packet taco seasoning

1 head iceberg lettuce, shredded

1 cup cherry tomatoes, halved

1 cup black beans, drained and rinsed

1 cup corn kernels (fresh, canned, or frozen)

1 avocado, diced

1/2 cup shredded cheddar cheese

Tortilla chips, crushed

Salsa and sour cream for serving

1. In a skillet, cook the ground beef or turkey over medium heat until browned. Drain excess fat, then stir in the taco seasoning according to package instructions. Let it cool.
2. In a large bowl, combine the shredded lettuce, cherry tomatoes, black beans, corn kernels, diced avocado, and shredded cheddar cheese.
3. Add the cooled taco meat to the salad and toss to combine.
4. Top the salad with crushed tortilla chips.
5. Serve with salsa and sour cream on the side.