



Easy Healthy Taco Salad w/ Ground Turkey

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Easy Healthy Taco Salad w/ Ground Turkey that's perfect for lunch, dinner, or having people over! SO good! (Gluten Free)

Course Lunch, Dinner, Appetizer

Cuisine American

Prep Time 10 minutes

Cook Time 20 minutes

Total Time 30 minutes

Servings 4

Calories 453kcal

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Ingredients

- 16 oz organic lean ground turkey
- 3 tsp organic chili powder
- 1 serving 3 Ingredient Creamy Avocado Lime Dressing (link in recipe notes)
- 8 oz canned corn
- 1 avocado
- 1 lime
- 5 cups spinach
- 4 Tbsp crushed corn tortilla chips

Instructions

1. Combine 2 tsp chili powder and the ground turkey, cook thoroughly.
2. While the turkey is cooking, make the avocado lime dressing in a small blender.
3. Slice the avocado into squares and the lime into 4 slices.
4. Put the salad together, starting with the spinach and adding the avocado, corn, turkey, dressing, and tortilla chips.
5. Top each salad with the remaining chili powder and serve with a slice of lime. Enjoy!

Notes

Creamy Avocado Lime Dressing Recipe:

<https://www.jaroflemons.com/3-ingredient-creamy-avocado-lime-dressing/>

Nutrition

Calories: 453kcal