



# 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

**Author** [Christine McMichael](#)

## 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