

Taco Salad

Ingredients:

- 2 TBS olive oil
- 1 lb ground chicken
- ½ small zucchini
- 1 large carrot
- 1 small onion
- 2 TBS taco seasoning
- 2 TBS minced garlic
- ¼ cup chicken broth
- Shredded cheese of choice
- Lettuce of choice
- Tomatoes
- Red onion
- Avocado
- Corn
- Salsa of choice

Directions

1. If you have a veggie chopper or food processor, place onion, zucchini and peeled carrot and pulse until very fine. Otherwise, chop finely with a knife. (I love this one!)
2. Heat olive oil over medium heat in a large skillet. Add onion, zucchini and carrot to the skillet and cook for 2-3 minutes. Add ground chicken to the skillet along with minced garlic. Cook for 3-4 minutes.
3. Add chicken broth and taco seasoning to skillet and cook for 2-3 more minutes, until meat is thoroughly cooked.
4. Add meat on top of lettuce and other toppings and enjoy!

MADE WITH LOVE

by Teresa Forchard