

# Taco Salad

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*Taco night is everyone's favorite, and Taco Tuesday is the highlight of many work weeks. Why not bring a healthy twist of this favorite dish to your table? Crisp taco shells are filled with shredded iceberg lettuce, savory ground beef, and a medley of Mexican-inspired vegetables and spices. Easy to prepare and bursting with flavors, taco salad is a delightful dish that takes only a few simple recipes.*

## Ingredients:

1 lb ground beef  
1 packet taco seasoning  
1 medium onion  
1 large tomato  
1 can sliced black olives, drained  
1 head iceberg lettuce, shredded  
1 (8 oz) package Mexican shredded cheese  
2 avocados  
1 package taco salad shells  
Ranch dressing, or other desired salad dressing

## Directions:

1. Prepare taco salad shells according to package.
2. In large skillet combine ground beef and taco seasoning and simmer until beef is browned and cooked through, draining off any fat.
3. Prepares salad ingredients. Chop onion and tomato and set aside. Peel, pit and chop avocado.
4. Assemble salad as follows: fill each taco shell with shredded lettuce. Top with ground beef and layer onion, tomato, avocado and olives. Drizzle with desired dressing and top with  $\frac{1}{2}$  c. shredded cheese.

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