



## **Taco Salad**

### **Ingredients:**

2 whole wheat pitas  
1 tbsp olive oil  
Pinch sea salt  
2 cups ground turkey  
1 package taco seasoning  
1 tbsp olive oil  
1/2 cup fat-free sour cream  
1/2 cup salsa  
1/2 cup each diced red peppers, green peppers, and onions  
2 cups shredded lettuce

### **Directions**

1. Heat oven to 400 degrees F.
2. Brush pitas with olive oil and sprinkle with salt.
3. Cut pitas into squares.
4. Bake squares for 8-10 minutes or until golden brown.
5. Remove and cool. Crumble into small chips.
6. Cook ground turkey and taco seasoning in a skillet over medium heat. Continue to cook until turkey is completely cooked through.
7. After turkey is fully cooked, allow it to cool slightly and then toss it with vegetables, pita pieces and cheese.
8. Add salsa and sour cream and toss to coat. Serve immediately!

### **Nutrition Facts:**

Serves 2  
Calories 383.3  
Total Fat 10 g  
Total Carbs 41.5 g  
Protein 33.75 g