

RV GODDESS: Taco Salad

This recipe isn't so much a recipe as a "concept". It is completely adaptable, and I give no measurements for the ingredients - you will have to know how much your family will eat. It is just an easy, colorful salad to put together, and can be prepared with cooked and chilled meat (shredded chicken or seasoned ground beef), vegetarian or vegan. Use any/all the ingredients, think of more veggies to add, and leave-out what your family does not eat. If you are dairy-free, omit the cheese and go commando by just using salsa for the dressing.

Suggested ingredients:

Torn lettuce
Chopped avocado
Sliced radish
Chopped green/red pepper
Sliced red or green onion (or both)
Chopped tomatoes (or grape/cherry tomatoes)
Sliced black olives (canned)
Canned black, kidney or pinto beans, rinsed and drained
Frozen corn kernels, rinsed under hot water, drained (no need to cook)
Shredded cheddar

Dressing:

50/50 blend of sour cream and your favorite salsa. (Or use fat-free sour cream or plain fat-free Greek yogurt in place of sour cream.) I prefer Herdez Salsa Casera (hot) in this recipe.

Toppings:

Crushed tortilla chips, of course!
Pickled jalapeno slices for the fire eaters

The salad can be put together - everything except the avocado, lettuce and cheese - early in the day. Also, the dressing can be prepared several hours before serving. Cover and refrigerate.

To serve, place the ingredients in a bowl, toss with dressing, crush a handful of tortilla chips over and serve.