

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Southwest Layered Salad

Adapted from www.kraftfoods.com

6 cups torn romaine lettuce
1 pound grass fed ground beef
1 package taco seasoning
1 can (15 oz) black beans, drained and rinsed
1 can (11 oz) whole kernel corn, drained
½ cup salsa
½ cup shredded cheese
1 tomato, diced
1 avocado, diced
½ cup Ranch dressing (look for an all-natural one in the produce section without hydrogenated oils or additives)
1 cup broken tortilla chips

1. Brown ground beef with taco seasoning according to directions.
2. Meanwhile, cover platter with lettuce; top with layers of seasoned meat, and next 6 ingredients.
3. Drizzle with dressing; top with chips.