

Taco Salad with Creamy Cilantro Lime Dressing
Ava Jane's Kitchen
Serves 2 as a main course

Ingredients:

Salad:

1/2 cup fresh or frozen corn kernels
1 tablespoon Ava Jane's Extra Virgin Avocado Oil
2 black bean veggie burgers (or meat and seasoning of your choice)
2 heads Romaine lettuce, cut into bite sized pieces
1 pint cherry tomatoes, halved
Shredded cheese and broken tortilla chips

Dressing:

1/4 cup plain Greek yogurt
Juice of 2 limes
1 small bunch cilantro
1 clove garlic
2 tablespoons honey
3 tablespoons Ava Jane's Extra Virgin Avocado Oil
Aztec Sea Salt and fresh black pepper, to taste

Directions:

Heat a large skillet over medium high heat. Add the corn kernels and cook until browned, and kernels begin to pop. Remove from pan and add the EVAO. Add the burgers to the pan and cook until well browned, breaking up with a spatula as you cook.

Add the lettuce to a large bowl and add the corn, veggie burgers, and tomatoes.

Make the dressing by combining all of the ingredients in a blender. Blend until smooth, taste, and adjust the seasoning by adding more honey or salt and pepper if desired.

Toss the salad with the dressing and top with the cheese and tortilla chips.