
Layered Taco Salad with Avocado Dressing

Description

Chef Alyssa used to love Taco Salad in a crispy fried tortilla shell when she was younger. This version takes all the same flavors. It's fun to crush the chips on top with the dressing, adding another layer of flavor and richness.

Total time: 25 min Yield: 4 servings

Ingredients

15 oz seasoned chili beans or pinto beans
6 cup romaine lettuce (sliced thin)
2 cup Roma tomatoes (seeded and chopped)
1/4 cup green or red onion (sliced thin)
1 cup corn (fresh, canned or frozen & defrosted)
1 to 2 cup shredded cheese
1 small can sliced olives
1 cup avocado
1/4 cup olive oil
2 Tbsp fresh lime juice
1/4 cup water
1/2 cup cilantro (roughly chopped)
1 clove garlic (minced)
1/4 tsp salt
1 bag corn tortilla chips (at least 6 cups)

Prep Time: 25 min Cooking Time: 0 minutes Total Time: 25 min

Instructions

In a glass serving bowl, layer the beans, lettuce, tomato, onion, corn, cheese and top with olives. In a blender combine the avocado, olive oil, lime juice, water, cilantro, garlic, salt and blend until smooth; add more water as needed to create desired consistency.

To serve, top with crushed corn chips and dressing.

Recipe brought to you by:

Chef Alyssa Moreau