



Sarah's Eight-Layer Turkey Taco Salad combines savory turkey taco meat with marinated black beans, crumbled tortilla chips, bell peppers, romaine lettuce, shredded cheese, salsa, tomatoes and avocado for a comfortingly fresh and healthy dish to start the new year. Sarah Nasello / The Forum

Eight-Layer Turkey Taco Salad

Serves: 4 to 6

Ingredients:

- 1 can black beans, drained and rinsed
- 2 green onions, finely chopped
- 1 tablespoon fresh cilantro, finely chopped
- 3 tablespoons fresh lime juice (about half a lime), divided,
- Kosher salt
- Black pepper
- 1 pound seasoned turkey taco meat (see my past recipe, or cook 1 pound 93% lean ground turkey with 1 packet taco seasoning according to directions on package)
- 1 ½ to 2 cups crumbled tortilla chips
- 1 orange bell pepper, small-diced
- 1 head romaine lettuce, wash, dried and cut into thin strips
- ¾ to 1 cup prepared chunky salsa
- ½ cup finely shredded Mexican-seasoned cheese blend
- 1 avocado, pitted and small-diced
- 1 medium tomato, chopped
- 1 lime, cut into wedges

Directions:

In a small bowl, combine the black beans, green onions, cilantro and lime juice. Add a pinch of salt and pepper and stir to combine. Taste and adjust seasoning as desired; set aside.

Distribute the turkey taco meat in an even layer in the bottom of a large serving bowl — a glass bowl is ideal for best presentation.

For the next layer, add the crumbled chips, followed by the black bean mixture, bell pepper, lettuce, salsa and cheese.

In the empty black bean bowl, combine the avocado and tomato with the remaining tablespoon of lime juice and season with a generous pinch of salt and pepper. Place the mixture atop the salad and serve with fresh lime wedges for each serving.

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"Home with the Lost Italian" is a weekly column written by Sarah Nasello featuring recipes by her husband, Tony Nasello. The couple owned Sarello's in Moorhead and lives in Fargo with their son, Giovanni. Readers can reach them at sarahnasello@gmail.com.