



From the Kitchen of Executive Chef Jessica VanRoo

Taco Salad in a Jar

Serves 4

371 calories per serving

Description from Living Well UCI Health Blog: www.ucihealth.org/blog

The best part of this recipe may be how colorful and appetizing the layered ingredients look in Mason jars. This is what eating from the rainbow looks like! All the colors means you're getting a variety of important vitamins and minerals.

Add corn and beans and you have rich sources of fiber that improve digestion and bowel health.

And when you choose lean ground turkey or beef, you're making this a heart healthy, low-fat and even lower calorie dish.

Plus you have four meals prepped and ready to grab! They'll only keep two days in the fridge, though, before the avocado turns brown.

Total cost: \$13.49/ \$3.37 per serving

Ingredients - Taco Seasoning Mix

- 1 tablespoon cumin
- 1 teaspoon paprika
- 1 teaspoon chili powder
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{2}$ teaspoon black pepper
- $\frac{1}{8}$ teaspoon cayenne pepper
- $\frac{1}{2}$ teaspoon oregano
- 1 teaspoon garlic powder



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Ingredients - Salad

- 1 lb ground meat or protein of choice
- 1 tablespoon olive oil
- 3 tablespoons taco seasoning or 3 tablespoons of homemade seasoning blend
- 1 large avocado, cut into ½-inch pieces
- ½ teaspoon ground cumin
- 1 large lime juiced
- ¾ cup salsa of choice or homemade
- 1 cup whole kernel corn (rinsed, drained if canned, defrosted if frozen)
- 1 ½ cups black beans, rinsed and drained (15 oz can)
- 1 cup tomato, finely diced (1 Roma tomato)
- 1 cup diced cucumber (1 large or 2 small Persian cucumbers)
- ½ cup chopped cilantro
- 1 cup diced scallions or green onions (about 6-8)
- 4 cups mixed greens
- 4 quart-size Mason jars
- 20 corn tortilla chips crushed (optional)

Instructions

1. Heat oil in a pan and cook meat or protein of choice, sprinkling taco seasoning on as you cook.
2. Taste and adjust seasoning as needed.
3. When protein is cooked completely or heated through, remove from heat and set aside to cool.
4. In a small bowl, mash avocado with the cumin and lime juice set aside.
5. Layer ingredients in the jars, starting with beans, corn, protein, salsa, cucumbers, tomatoes, mashed avocado, topped with cilantro, scallion and mixed greens.
6. Refrigerate. Eat within 2 days to maintain the avocado color!
7. Serve with crushed tortilla chips (optional).