



## Tortilla Bowl Taco Salad

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### **Description:**

Enjoy a taco salad with a bowl you can eat!

### **Ingredients:**

2 heads of romaine lettuce  
1/2 red onion  
2 tomatoes  
2 avocados  
1/2 cup of corn  
14 oz. can of black beans  
1/4 cup olive oil  
1/4 cup lime juice  
2 cloves of garlic  
1/4 tbsp. Cumin  
1/4 tbsp. Red pepper Flakes  
Salt to taste  
4 tortillas

### **Directions:**

1. Pre-heat oven to 350 degrees. Oil an oven safe bowl and place tortillas in to cook
2. Once pre-heated place tortilla bowls into oven and cook for 10 minutes
3. Clean and cut lettuce, onion, tomato, avocado, and corn and combine in a salad bowl.
4. Drain and rinse black beans and mix into salad
5. In a separate container mix olive oil, lime juice, and spices and whisk together
6. Pour dressing over salad and mix together
7. Serve salad in tortilla bowls