

Blue Yonder Urban Farms

<http://blueyonderurbanfarms.com>

Easy Full Meal Corn Taco Salad

Recipe

Ingredients:

Salad

- 16oz Romaine Lettuce, Washed, Cut, Dried, Weighed out in two 8oz servings
- 8oz Roast Beef pre-cooked and cut in small pieces
- 4 Roma Tomatoes, Washed, Cut & Salted
- 4 tbsp. Chopped onion, I had white, but Green would be nice
- 2 small ripe Avocados, peeled and chopped
- 2 cups Corn, fresh or frozen
- 6 each Black Olives chopped
- 2 tbsp. Parmesan, Cheddar or Your Favorite Cheese

Dressing

- 4 tbsp. Olive Oil
- 2-4 tbsp. Apple Cider or Balsamic Vinegar
- 1/8 tsp liquid Smoke
- 1/2 tsp Paprika, smoked if you have it
- 1/2 tsp Cumin
- 1/2 tsp Garlic powder
- Salt & Black Pepper to taste

Instructions on next page...

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Easy Full Meal Corn Taco Salad (pg.2)

Recipe Continued

Instructions:

- Wash, Chop and Salt Roma Tomatoes divide into two dishes.
- Wash Peel and Chop Avocados and Onion divide and place into the dishes with the tomatoes.
- Add 1 cup of Corn to each dish of tomatoes, avocados & onion.
- Dress the salad by adding half each of the Olive oil, Vinegar, liquid Smoke, and Spices to each individual serving, mix them well.
- Re-Heat the Beef, and grate the Cheese
- Pour the dressed Vegetables on top each serving of Lettuce, top with half of the Beef and Cheese.
- Taste and adjust Vinegar, Salt & pepper to your liking...

If you are controlling your portions you will need to keep ingredients for each serving separate. I measure our individual portions into our serving bowls as I go along, dividing all ingredients in half either with a measuring device or weighing on my scale.

This recipe calls for left over Roast Beef but you can substitute Ground Beef if you like. Either one can be prepared in advance, and re-heated when ready to use. If using Ground Beef be sure to season it with salt and pepper as it cooks.

Romaine Lettuce may also be prepared a day or two in advance, weighed out in serving sizes and stored till needed.

Enjoy!