

Mark's Kitchen

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TACO SALAD

Here's a new favorite for Taco Tuesdays! This salad from my new cookbook, [The Eat Fat, Get Thin Cookbook](#), contains all of the spicy flavors of ground beef tacos but isn't weighed down by the heaviness of corn, a common allergen. It's a meal the whole family will love.

Serves: 4

Ready in: 40 minutes

- 1 tablespoon coconut oil
- 1 pound grass-fed ground beef
- 2 teaspoons ground cumin
- 1 teaspoon ground coriander
- 1/4 teaspoon chipotle powder
- 1 teaspoon dried oregano
- 1 teaspoon sea salt
- 1 avocado, pitted, peeled, and cut into large chunks
- 2 tablespoons extra-virgin olive oil
- 1/4 cup fresh cilantro leaves
- 1 garlic clove
- juice from 1 lime
- 1/4 teaspoon cayenne pepper
- 7 to 8 cups mesclun
- 2 cups shredded red cabbage
- 2 carrots, scrubbed and shredded
- 1 large tomato, cut into large chunks

Step 1: In a large skillet, warm the coconut oil over medium-high heat until shimmering. Add the beef and cook, stirring frequently and breaking it into pieces with a wooden spoon, for 2 minutes. Add the cumin, coriander, chipotle powder, oregano, and 1/2 teaspoon of the salt and continue to cook, stirring occasionally, until the beef is cooked through, about 4 minutes.

Step 2: Meanwhile, combine the avocado, olive oil, cilantro, garlic, lime juice, cayenne, the remaining 1/2 teaspoon salt, and 1/4 cup filtered water in a blender and blend on high speed until smooth, about 45 seconds. Transfer the dressing to a small serving bowl.

Step 3: In a large bowl, combine the mesclun, cabbage, carrots, and tomato and toss to combine. Divide the vegetables among four plates and top with the beef mixture. Serve, passing the dressing on the side.

Nutritional analysis per serving: Calories: 500, Fat: 31 g, Saturated Fat: 11 g, Cholesterol: 70 mg, Fiber: 17 g, Protein: 28 g, Carbohydrates: 37 g, Sodium: 713 mg