

## Easy Taco Salad

- 1 lb. ground turkey, lamb, beef or (tofu)
- 1 red onion
- 1 red bell pepper
- 1 baby bok choy
- 1 zucchini
- 1 leek, cleaned, tender parts
- 3 Tbsp. coconut oil
- 1 Tbsp. chili powder

- 2 heads of leaf lettuce(not iceberg of course)
- 1 cup shredded raw goat cheddar
- 1-cup sour cream (or 1/4 cup mayo with 3/4 cup olive oil)

Saute' meat or tofu in coconut oil, adding finely chopped veggies and chili powder. Cook till meat is done and veggies are tender.

Clean and tear up lettuce and place in large bowl. Place cheese on top and then spoon hot meat mixture over. Let stand to melt cheese.

Mix sour cream and salsa and pour over salad. Stir to mix and enjoy!

Optional: Roll small amounts of salad into lettuce leaves and take to work the next day.

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