



## SIMPLE QUAD MEAL IDEAS COMPLIMENTS OF VITAL HEALTH

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### Taco Salad with Grilled Zucchini

#### Taco Salad

*Recipe adapted from [riddlelove.com](http://riddlelove.com)*

##### ***Taco Salad Ingredients:***

1 pound grass-fed ground beef  
1 large head lettuce, washed & shredded  
1 cup soaked & cooked beans, optional (black, pinto or kidney work well)  
1 avocado, peeled, seeded, and chopped  
1/2 jar olives, sliced  
1 cup corn  
2 green onions or chives, sliced  
2 carrots, grated  
1/2 cup sunflower seeds  
1 cup grated raw cheddar or jack cheese  
Salsa to taste

Creame fraiche as an optional garnish  
Non-GMO corn chips

##### ***Taco Seasoning Ingredients:***

1 tablespoon chili powder  
1/3 teaspoon garlic powder or 2-3 cloves fresh garlic, minced  
1/4 teaspoon onion powder  
2 teaspoons cumin  
3/4 teaspoon sea salt  
1/2 teaspoon black pepper, ground  
1 pinch red pepper flakes (or more if you'd like it spicier)

##### ***Instructions:***

- Simmer the ground beef with the seasoning mix and 1/3 cup water so the meat really absorbs the flavor without drying out.
- Place lettuce in large salad bowl.
- Layer avocados, olives, onions, carrots, and sunflower seeds.
- Just before serving, add cheese and beef on top of the salad.
- Place jars of salsa and creame fraiche on the table for each individual to spoon on top of their salad to taste.
- Place bowl of chips on the table.
- The salsa can be used as the dressing.

#### Grilled Zucchini

- Slice zucchini in wedges lengthwise.
- Toss with a drizzle of olive oil and a sprinkling of Italian seasoning
- Grill on the BBQ until just tender (but not burnt)

**Enjoy!**