



TACO BOWL WITH AVOCADO LIME DRESSING

SERVES 4 SERVINGS

INGREDIENTS

- 2 medium – sweet potato
- 6 cup – lettuce, romaine
- 1/8 teaspoon – sea salt
- 1/8 teaspoon – black pepper, ground
- 1 cup – brown rice, raw
- 2 cup – water
- 1/2 cup – corn, frozen
- 1 cup – cherry tomatoes
- 1/2 medium – onion, red
- 1 medium – avocado
- 1 medium – lime

Dressing:

- 1/8 cup – lime juice
- 1/3 cup – water
- 1 medium – avocado
- 2 tablespoon – cilantro
- 1 teaspoon – garlic powder
- 1 teaspoon – sea salt
- 1/2 teaspoon – black pepper, ground

DIRECTIONS

1. Preheat oven to 400°F.
2. Thoroughly wash the potatoes and cut them into 1 inch cubes. Shred or chop lettuce.
3. Arrange potatoes on a baking sheet lined with parchment paper; sprinkle with sea salt and black pepper. Bake for 35-40 minutes, turning once half way through.
4. While potatoes are cooking, cook rice according to package instructions.
5. In a small pan bring 2 cups of water to a boil, then add frozen corn; lower heat and cook for 5 minutes, then drain.
6. Fluff rice with a fork and fold in corn. Halve tomatoes, chop onion and avocado, and slice lime into wedges.
7. Spoon the rice mix into 1/4 of a large serving bowl or platter, then add remaining ingredients as pictured.
8. Add all dressing ingredients to a blender and blend until mixture is well combined and thin; add more water if needed. Drizzle over salad.
9. Serve immediately.

