

RECIPE | TOMATOES



TOMATO AND SWEET PEPPER TACO SALAD



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INGREDIENTS

- | | |
|---|-----------------------------|
| 1 lb Pure Flavor® Luna Sweets Cocktail Tomatoes | 1 lime |
| 8 oz Pure Flavor® Aurora Bites Mini Sweet Peppers | 1 clove garlic minced |
| 2 medium-large chicken breasts | 2 tbsp olive oil |
| 4 large whole wheat or flour tortillas | 1 tbsp Worcestershire sauce |
| 1 bag tortilla strips | 2 tsp cumin |
| 1 head iceberg lettuce | 2 tsp curry |
| 1 can whole kernel corn | 3 tbsp cilantro |
| 1 can black beans | cooking spray |
| ¾ cup shredded cheese | |

DIRECTIONS

1. Preheat oven to 425° F. Using a tortilla bowl pan, spray both sides of tortillas and arrange in pans.
You can use a foil ball in the center to prevent the tortilla from shifting and puffing up too much. Cook 10-15 minutes.
2. While tortillas are cooking, heat a grill pan on the stove on medium-high heat. Prepare the chicken by adding it to a bowl with olive oil, Worcestershire sauce, garlic, cumin and curry. Coat the chicken well. Add chicken to hot pan and cook for 15 minutes on each side.
3. Slice tomatoes into quarters and peppers into bite-sized pieces, then chop up cilantro.
4. Assemble taco salads in tortilla bowls: lettuce first, then sliced chicken, cheese, beans, corn, tomatoes, peppers and tortilla strips. Garnish with lime and cilantro.



TOTAL TIME
40 minutes

PREP TIME
10 minutes

COOK TIME
30 minutes

SERVES
4

COOKING LEVEL
Easy