

Ingredients

FOR THE DRESSING (makes several servings to save for later)

- 1/2 cup coconut yogurt
- 3 tbsp avocado oil
- 2 tbsp lime juice
- 2 tbsp water
- Salt and pepper
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- 1/4 tsp dried oregano
- 1/4 cup cilantro

FOR THE SALAD (makes one serving)

- 2 cups romaine, chopped
- 4 oz ground beef, cooked
- 3 oz black beans, cooked
- [Pickled onions](#)
- 1 oz [plantain strips](#), crushed (comission link)
- 2 tbsp dressing

Instructions

- For the dressing, add all of the ingredients to a large glass jar and blend with an immersion blender until smooth. Taste at the end and add more salt or pepper to taste.
- Assemble the salad with the romaine, cooked beef, black beans, pickled onion, plantain strips and dressing. Serve fresh!

Coming soon to : UNBOUND WELLNESS