

Zucchini Bread Recipes

Loaded Potato Taco Bowl – Healthy Meal Prep

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**Mexican** Cuisine

Ingredients

Main Ingredients

- [ ] 1.5 lbs Yukon Gold potatoes, diced
- [ ] 1 can (15 oz) black beans, drained and rinsed
- [ ] 1 cup corn kernels (fresh or frozen)
- [ ] 1 tsp taco seasoning
- [ ] 1 tbsp olive oil
- [ ] 1/2 cup Greek yogurt
- [ ] 2 tbsp lime juice
- [ ] 1/4 cup fresh cilantro, chopped
- [ ] 1 avocado, sliced
- [ ] ½ cup shredded cheddar cheese (optional)
- [ ] Salt and pepper to taste

Sauce

- [ ] 1/2 cup Greek yogurt
- [ ] 1 tbsp lime juice
- [ ] 1 tsp taco seasoning
- [ ] Pinch of salt

Instructions

1. Preheat a large skillet over medium-high heat, add olive oil, then toss the diced potatoes with taco seasoning, salt, and pepper.



2. Cook potatoes, stirring occasionally, until they turn golden and tender, about 10-12 minutes.



3. Add corn and black beans to the skillet, stirring just to warm through—this keeps the beans from getting mushy.



4 Meanwhile, whisk together the yogurt, lime juice, taco seasoning, and a pinch of salt for the sauce.



5 Divide the potato-bean mixture into four bowls, drizzle with the creamy lime sauce, then top with avocado slices, cilantro, and optional cheese.



Nutrition per serving

420 kcal	16 g	55 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- For extra crunch, toast corn kernels in a dry pan before adding.
- If you prefer a dairy-free version, substitute yogurt with coconut yogurt.
- Adjust the amount of lime juice to taste; a little extra brightens the whole bowl.