



Southwest Salad

8 servings

Ingredients:

Salad

- 1 head romaine lettuce, chopped
- ½ cup frozen corn, thawed
- 1 red bell pepper, chopped
- 1 cup cherry or grape tomatoes, cut in half
- ¼ cup chopped red onion
- 1 15 oz. can black beans, drained and rinsed
- ½ cup shredded pepper jack cheese
- Tortillas strips for salads

Creamy Avocado Dressing

- 1 small avocado, peeled and sliced
- 1 small jalapeno, seeded and roughly chopped
- 1 garlic clove, peeled
- ¼ cup loosely packed cilantro
- ¼ cup sour cream
- ¼ cup salsa
- ¼ cup milk
- 2 Tbsp. lime juice
- 2 Tbsp. olive oil
- ½ tsp sugar
- ¼ tsp EACH salt, ground cumin
- 1/8 tsp EACH pepper, smoked paprika

Instructions:

1. Add all of the dressing ingredients to a blender and blend until smooth, scraping the sides down as needed. Add additional salt and pepper to taste. Add additional milk to think to desired consistency. Chill in the refrigerator for time permitting.
2. Add salad ingredients to a large bowl except for tortilla strips and toss to combine.
3. Toss salad with desired amount of dressing when ready to eat. Garnish salad with tortilla strips. Enjoy immediately.

Serving Size: 1 cup

Carbohydrate Content: 15 g/serving

Choices/Exchanges: 1