

SOUTHWESTERN CHOPPED SALAD WITH CILANTRO LIME DRESSING

Ingredients

- 5 cups chopped romaine lettuce
- 1/2 cup cherry tomatoes, halved
- 1/2 cup canned corn kernels, drained
- 1/2 cup canned black beans, drained and rinsed
- 2 tablespoons chopped fresh cilantro leaves
- 1 avocado, halved, seeded, peeled and diced
- 1/4 cup tortilla strips, for garnish

FOR THE CILANTRO LIME DRESSING

- 1 cup loosely packed cilantro, stems removed
- 1/2 cup plain Greek yogurt
- 2 cloves garlic
- Juice of 1 lime
- Pinch of salt
- 1/4 cup olive oil
- 2 tablespoons apple cider vinegar

Steps

1. To make the cilantro lime dressing, combine cilantro, Greek yogurt, garlic, lime juice and salt in the bowl of a food processor. With the motor running, add olive oil and vinegar in a slow stream until emulsified; set aside.
2. To assemble the salad, place romaine lettuce in a large bowl; top with tomatoes, corn, black beans and cilantro. Pour the dressing on top of the salad and gently toss to combine. Stir in avocado.
3. Serve immediately, garnished with tortillas trips, if

desired.

Enjoy!!

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