



Cool Southwestern Salad with Corn and Avocado

Serves 4

Ingredients

- 2 small heads romaine lettuce
- 1 cup corn kernels
- 2 avocados, cut into 1-inch pieces
- 1 15.5-ounce can pinto beans, rinsed
- 1/2 red onion, thinly sliced
- 1/2 cup fresh cilantro
- 1/4 cup extra-virgin olive oil
- 1/4 cup fresh lime juice
- 1/2 teaspoon ground cumin
- kosher salt and black pepper
- 1/2 9-ounce bag tortilla chips

Preparation

1. In a large bowl, combine the lettuce, corn, avocados, beans, onion, and cilantro.
2. In a small bowl, whisk together the oil, lime juice, cumin, $\frac{3}{4}$ teaspoon salt, and $\frac{1}{4}$ teaspoon pepper.
3. Drizzle dressing over the salad and gently toss.
4. Serve with the tortilla chips.

Nutrition Information based 1 serving:

Calories: 581	Total Fat: 210 g	Total Carbohydrate: 74 g	Dietary Fiber: 22 g
Protein: 18 g	Sodium: 407 mg	Calcium: 211 mg	Iron: 5 mg

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