



Southwestern Salad with Avocado-Lime Dressing

Serves 6

- 2 cups chopped romaine lettuce
- 1 ½ cups cooked pinto beans or 1 15-oz. can pinto beans, rinsed and drained
- 1 cup grape tomatoes, chopped
- ½ cup fresh or frozen corn kernels
- ¼ cup chopped green onions
- ¼ cup chopped cilantro
- 1 ripe avocado
- ¾ cup prepared (not chunky) salsa
- ½ cup low-fat sour cream
- 3 Tbs. lime juice
- 4 drops Tabasco sauce, optional
- ½ cup crushed corn tortilla chips (about 20 chips), optional

Combine lettuce, beans, tomatoes, and corn in clear glass bowl. Sprinkle green onions and cilantro on top.

Mash avocado in separate bowl, and whisk in salsa, sour cream, and lime juice. Season with hot sauce (if using), and salt and pepper, if desired. Pour dressing over salad, toss well, and top with crushed corn chips (if using).

Credit - Vegetarian Times