

RECIPE

Southwestern Salad with Black Beans

Start to Finish: 20 minutes Servings: 1

Ingredients:

- 1/2 ripe avocado
- 3/4 cup packed fresh cilantro
- 1/2 cup nonfat plain yogurt
- 2 scallions, chopped
- 1 clove of garlic, quartered
- 1 tablespoon lime juice
- 1/2 teaspoon sugar
- 1/2 teaspoon salt
- 3 cups mixed greens
- 1/2 cup black beans, canned (rinsed) or cooked
- 1/2 cup corn kernels, fresh or frozen (thawed)
- 1/2 cup grape tomatoes

Directions:

1. Place avocado, cilantro, yogurt, scallions, garlic, lime juice, sugar and salt in a blender and blend until smooth.
2. Place greens in an individual salad bowl and toss with 2 tablespoons of the dressing. (Refrigerate the remaining dressing.) Top the greens with black beans, corn and tomatoes.



Nutrition Information Per Serving:

235 Calories; 4 g Total Fat; 1 g Saturated Fat; 2 g Monosaturated Fat; 13 g Fiber; 307 mg Sodium; 43 g Carbohydrates; 13 g Protein; 1325 mg Potassium

This information is courtesy of the American Heart Association, an independent company that offers health education information on behalf of your health plan.