

Mexican Chopped Salad With Honey-Lime Dressing

SELF | July 2003

Tortillas aren't the only depository for beans, corn and tomatoes. Let romaine lettuce do the job. Feta cheese supplies a dose of calcium and major flavor. And the honey-lime dressing adds just the right touch of tangy sweetness. *Buen provecho!*

Yield: Makes 4 servings

ingredients

Salad

- 2 1/2 cups chopped romaine lettuce
- 1 can (15.5 oz) black beans, rinsed and well drained
- 3/4 cup chopped seeded tomato
- 3/4 cup chopped peeled jicama
- 3/4 cup fresh corn kernels, uncooked (or frozen or canned)
- 3/4 cup thinly sliced radishes
- Half a ripe avocado, diced
- 1 red bell pepper, chopped
- 1/4 cup crumbled reduced-fat feta cheese

Honey-Lime Dressing

- 1/4 cup fresh lime juice
- 1/4 cup olive oil
- 2 tbsp honey
- 2 tbsp finely chopped fresh cilantro
- 1 garlic clove, peeled and minced
- 1 tsp chopped jalapeño pepper (use canned for less heat)

preparation

Toss all salad ingredients in a large bowl. In separate bowl, mix dressing ingredients. Pour dressing over mixture and toss again. Season with salt and pepper to taste.

nutritional information

Nutritional analysis per serving: 366 calories, 20 g fat (3 g saturated fat), 41.5 g carbohydrates, 9.5 g protein, 11 g fiber

Nutritional analysis provided by Self