

LISA'S LADLE
MEXICAN CHOPPED SALAD
VIDEO RECIPE #2

Servings: 6

Prep Time: 20 minutes

Total Time: 30 minutes

Salad Ingredients:

- 2-3 Romaine Hearts, chopped
- 1 Can Black beans, drained and rinsed well
- 1 cup Corn (can or frozen)
- 1 cup Cherry Tomatoes, halved
- 1 cup Cucumbers, chopped
- ½ cup Cilantro, chopped
- 1 cup Monterey Jack or Cheddar cheese, cubed
- 1 Avocado, cubed

Directions:

In a large bowl mix all the salad ingredients together, mix well.

Cilantro-Lime Vinaigrette Ingredients:

- 1/3 cup Olive Oil
- ¼ cup Fresh Lime Juice
- 4 TBSP Red Wine Vinegar
- 2 ½ TBSP Honey
- ¼ cup Cilantro, chopped
- ¼ tsp Salt
- 1/8 tsp Pepper

Directions:

In a small bowl whisk all vinaigrette ingredients together. Drizzle dressing over salad and Enjoy!