

# SOUTHWEST SUMMER SALAD

**PREP TIME: 20 min**  
**COOK TIME: n/a**  
**SERVINGS: 4**  
**SERVING SIZE: 2 cups**



## INGREDIENTS

- 6-8 cups chopped romaine lettuce
- 1-2 cups beans, pulled pork or ground beef
- 1 cup cherry tomatoes, halved
- 1 cup canned corn kernels, drained
- 1 avocado, halved, seeded, peeled and diced

## CILANTRO LIME DRESSING

- 1 cup loosely packed cilantro, stems removed
- 1/2 cup plain Greek yogurt
- Juice of 1 lime
- 1/4 cup olive oil
- Pinch of salt

## DIRECTIONS

1. Chop the romaine lettuce and place in a large bowl; top with beans or meat, tomatoes, corn and avocado.
2. Prepare the Cilantro Lime Dressing:
  - Combine cilantro, Greek yogurt, lime juice, olive oil and salt in the bowl of a food processor. Process until smooth.
  - If you don't have a food processor, stir all ingredients together in a small bowl.
3. Pour the dressing on top of the salad and gently toss to combine.
4. Serve and enjoy!



Public Health

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