

# Southwestern Taco Salad



## COOKING DEMO

Not all salads are healthy. Wondering how to do a light taco salad? Load up on fresh ingredients! This recipe does just that and is bursting with flavor that will satisfy your taco cravings.

Yield: 6  
Serving Size: 1 cup

### Ingredients

#### Salad:

- 1-15 oz. can black beans, *no salt added*
- 2 ears of fresh sweet corn, *shucked and cleaned*
- ¼ cup chopped fresh cilantro
- 1 green bell pepper, *diced*
- 4 green onions, *chopped*
- 2 roma tomatoes, *diced*
- 1 ripe avocado, *diced*
- 1 head of romaine lettuce, *chopped*

- 6 oz. low sodium tortilla chips
- Juice of 1 lime, *optional*

#### Sauce:

- 1 cup plain low fat Greek yogurt
- 1 Tbsp. ranch powder seasoning
- 1 Tbsp. low sodium taco seasoning

#### Nutrition Information:

Calories 352, Total fat 13 g, Saturated fat 3 g, Trans fat 0 g, Cholesterol 3 mg, Sodium 228 mg, Carbohydrate 51 g, Fiber 10 g, Sugars 6 g, Protein 13 g

Recipe from Ashley Denton, RDN, LD

### Directions

1. Drain and rinse black beans.
2. Rinse and chop vegetables and cilantro. Use a sharp knife to slice corn off the cob.
3. Mix together black beans, corn, cilantro, bell pepper, green onions, tomatoes, avocado, lettuce, and chips.
4. *For the sauce:* mix together the yogurt, ranch seasoning, and taco seasoning.
5. Mix the vegetables with the sauce to lightly coat. Serve on tortilla chips and garnish servings with lime wedges.

Estimated cost per recipe: \$7.93

Estimated cost per serving: \$1.32

This family friendly, meatless recipe is great for a quick and easy week night meal.

**Bonus** – save the leftovers for tomorrow's lunch!

### Make It A Meal!

This recipe is already a complete meal, providing healthy fats, protein, complex carbohydrates, and plenty of fiber. If you are having this dish as a meal instead of a side dish, load it up with extra beans.

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## Did you know?

Ancient leading Romans families took their names from common legumes: Lentulus (lentil), Fabius (fava), Piso (pea), Cicero (chickpea). Roman leaders believed these everyday foods embodied the characteristics of the general population, and that by taking these names they would prove they had public interest in mind.

Black beans are a rich and often overlooked source of potent antioxidants. Antioxidants destroy free radicals, which are highly active chemicals that have been linked to heart disease, cancer, and aging, when in excess.

## The Power of Plant Protein

*Meatless Monday* is an international campaign that encourages people to not eat meat on Mondays; it's good for you and the planet. Plant proteins found in foods like beans, seeds, soy, and nuts provide a powerhouse of good nutrition, are loaded with disease fighting phytonutrients as well as fiber, and are naturally low in saturated fat.

# Bonus Recipe Homemade Ranch Seasoning Mix

Yield:  
16 Tablespoons  
Serving Size:  
1 Tablespoon

## Ingredients

- 1/3 cup dry powdered buttermilk
- 2 Tbsp. dried parsley
- 1 1/2 tsp. dried dill weed
- 2 tsp. garlic powder
- 2 tsp. onion powder
- 2 tsp. dried onion flakes
- 1 tsp. ground black pepper
- 1 tsp. dried chives
- 1/2 tsp. salt

## Directions:

Whisk all ingredients together until blended. If you want a more finely-ground seasoning mix, you can pulse the mixture in a food processor until it reaches your desired consistency.

3 Tablespoons of this mix = 1 packet of the store bought seasoning mix. Store in a sealed container in the refrigerator for up to 3 months.

## Nutrition Information:

Calories 11, Total fat 0 g, Saturated fat 0 g, Monounsaturated fat 0 g, Trans fat 0 g, Cholesterol 0 mg, Sodium 87 mg, Carbohydrates 2 g, Fiber 0 g, Sugars 1 g, Protein 1 g

Recipe from: <http://www.gimmesomeoven.com/homemade-ranch-seasoning-mix/>

Modifications by: Abigail Kurowski, MS, RDN, LD

Source: <https://bluezones.com/2016/06/10-things-about-beans/>

## Tips to Add More Plant Protein

It's easy to add plant protein to your diet. Plant protein can substitute for animal protein on *Meatless Mondays* or anytime!

- Use beans to replace part of the animal protein in your diet as often as you like.
- Experiment with different types of beans and cooking methods. Use them in salads, soups, stews, pasta, side dishes, burgers, meatballs, and meatloaf, or in dips like hummus.
- Get familiar with how to prepare and use tofu in dishes or snack on edamame.
- Snack on nuts; add them to baked dishes, salads, desserts, trail mix, cereal, yogurt, granola and more.
- Have fun incorporating plant-based protein into your diet!