Dinner Tonight!

South Texas Salad

Dressing:
2 garlic cloves, minced
1/4 cup lime juice (about 2 limes juiced)
2 teaspoons apple cider vinegar
1/2 cup extra virgin olive oil
1/2 teaspoon salt (optional)
1/4 cup cilantro

Salad:
4 cups green leaf lettuce
1 avocado, chopped
1/3 cup corn seasoned with red and green peppers, canned
1/3 cup black beans, canned and drained
1 tomato, chopped

In a large bowl, combine lettuce, avocado, corn, black beans, and tomatoes. Toss. In a small bowl, combine garlic, lime juice, vinegar, olive oil, salt, and cilantro. Mix until dressing is well combined. Drizzle lime dressing over salad or serve dressing on the side in individual dipping bowls.

Preparation Time: 15 minutes
Yield: 4 servings
Cost per serving: $1.32

Nutrition facts per serving
Calories: 352
Total Fat: 35 g
Cholesterol: 0 mg
Sodium: 304 mg
Total Carbohydrate: 17 g
Fiber: 5 g
Protein: 2 g

Serve with: Dilly Lime Chicken Breasts and Roasted Carrots (See recipes in Dinner Tonight Video archive on the Dinner Tonight site.)