

Southwestern Corn Salad

Ingredients

4 cups salad greens, washed
1/4 cup cilantro, roughly chopped
1 ear of sweet corn (about 2/3 cup kernels)
2 roma tomatoes, medium dice
1 cup black beans
1 1/2 t taco seasoning
1/2 a 6 oz. cup plain fat free yogurt
1 cup mini tortilla strips
Half lime cut into 4 wedges if desired



Preparation

Combine salad greens and cilantro in a medium bowl. Distribute the greens evenly among four salad plates. Shuck the corn and cut the kernels off the cob. Combine corn, tomatoes, and black beans in the salad bowl and distribute evenly over plates. In a small bowl, combine yogurt and seasoning. Distribute dressing evenly among plates. Sprinkle tortilla strips and squeeze limes over plates and serve.

Yield: 4 servings

*per serving: 170 Calories | 3.5g Fat | 7g Protein | 32g Carbohydrates | 6g Dietary Fiber | 290mg Sodium
Daily Values: Excellent source of Vitamins A and C. Good source of Calcium and Iron.*