

# **Taco Salad**

*(amounts are approximate)*

## **per person**

- 2 cups Romaine lettuce, chopped
- ½ cup black beans, drained and rinsed
- ½ cup cheddar cheese, shredded
- 1 - 2 green onions, sliced
- Chopped red pepper (optional)
- A small handful of low/no-salt tortilla chips

## **“Dressing”**

- ~ 2 T low fat sour cream
- ~ 2T jarred salsa
- Pinch ground cumin
- Squeeze lime juice (optional)

## **Garnish**

- ripe avocado, chopped

1. *Prepare all ingredients, and place into a large salad bowl.*
2. *In a small bowl, stir together the sour cream, salsa, pinch of ground cumin, and lime juice (if using).*
3. *Pour onto the salad, and toss well to coat evenly. Top with avocado, if desired.*

