

Southwest Salad with Cilantro Dressing

About 4 to 6 Servings

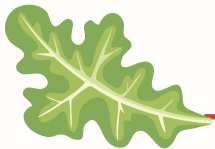
Ingredients:

Dressing:

1 bunch cilantro, stems removed
1 clove garlic, minced
2 Tbsp mayonnaise
2 Tbsp white wine vinegar or apple cider vinegar
Juice from 1 lime
2 Tbsp grated Parmigiano-Reggiano cheese
Extra virgin olive oil
Salt and freshly ground black pepper

Salad:

1 head red leaf or green leaf lettuce, cut into 2" pieces
1 cup fresh or canned corn
2 tomatoes, quartered
1/2 cucumber, sliced
1/2 jicama, peeled and sliced
1/2 cup canned black beans, rinsed and drained
1 avocado, peeled, pitted and sliced



Instructions:

To Prepare Dressing:

Add cilantro, garlic, mayonnaise, vinegar and lime juice to food processor or blender and mix at medium speed for about a minute. Add 1/4 cup of olive oil and mix at medium high speed until creamy in texture. Add more oil if dressing is too thick.

To Prepare Salad:

In a large bowl, toss together lettuce, corn, tomato, cucumber, jicama and black beans. Place sliced avocado on the top of salad. Serve with cilantro dressing.

Preparation Tips:

- Mayonnaise gives the dressing a creamy texture. But, you can substitute with non-fat, plain yogurt or low-fat sour cream.
- Having a weekend barbecue? Grill corn on the cob and chicken and add to the salad. Use our 5 Spice recipe to give a boost to the flavor.

