

# SOUTHWEST SALAD



This institution is an equal opportunity provider. Funded by the USDA Supplemental Nutrition Assistance Program (SNAP).

## INGREDIENTS

- 1/2 - 1 cup canned black beans
- 1/4 cup corn
- 3 cups shredded lettuce
- 3 tbsp shredded cheese
- 1/4 cup diced tomatoes or salsa
- 3 tbsp plain yogurt or low-fat sour cream
- Optional: 1/2 cup tortilla chips, crushed

## DIRECTIONS

1. Drain and rinse the beans and the corn
2. Chop up the lettuce, cheese (if not already shredded), and the tomatoes
3. Add the lettuce, corn, black beans, and tomatoes.
4. Top with cheese, salsa, and yogurt/sour cream and mix
5. Crush up the tortilla chips and Sprinkle them over the salad.
6. Enjoy!

## NUMBER OF SERVINGS

**1**

TIME TO  
PREPARE

**5 mins**

TIME TO  
COOK

**0 mins**

## TOOLS NEEDED

- Bowl
- Fork
- Cutting knife

