

Southwest Cilantro Lime Salad by Lynn's Recipes



2016 International Summer Coop

This is a great, healthy salad for summer. The dressing is full of delicious ingredients. Super easy to make and great for lunch or a side at dinner.

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Ingredients:

Salad:

- Large head of romaine, washed and chopped
- 15 ounce can black beans, rinsed and drained
- 1 large orange bell pepper, cut into thin strips
- 1 pint cherry tomatoes, cut in half
- 2 cups frozen corn thawed

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- 5 green onions, sliced thinly

Dressing:

- 1 cup loosely packed cilantro, stems removed and roughly chopped
- 1/2 avocado
- Juice of 1 lime
- 2 garlic cloves
- 1/4 cup olive oil
- 1-1/2 tsp. white wine vinegar
- 1/8 tsp. salt
- 2 tsp. honey

Puree all dressing ingredients in a blender until smooth.

Place all salad ingredients in large bowl and stir to combine.

Toss with homemade cilantro-lime dressing.

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