

## 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.

Please take a moment and check out the other participants in this 2016 International Summer Recipe Coop.

[Link to Max Green](#)

[Link to Candy-Cake & more](#)

[Link to Cookin' Amigo](#)

[Link to ChaosKitchen51](#)

[Link to Der Rurtalgriller](#)

[Link to Tess Cooks 4u](#)

[Link to Ron's Kitchen](#)

[Link to Baking Love](#)

[Link to Herbie Grillt](#)

### 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

# Southwest Cilantro Lime Salad by Lynn's Recipes

---

- 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.

[Comment or watch this Recipe on You Tube](#)



**Follow me on:**

[YouTube](#)

[Twitter](#)

[Facebook](#)

[Instagram](#)

[Roku](#)

Lynn's Recipes | April 2016  
[www.lynnrecipes.com](http://www.lynnrecipes.com)

-----  
[Click here for a handy Conversion Chart](#)