

South of the Border Taco Salad

A refreshing meal in a bowl, this laid-back salad is an ideal crowd pleaser for a summer potluck or a family meal served al fresco on a pleasant day. And it's bursting with an array of disease-fighting phytochemicals, protein, and fiber—not to mention crunch and color.

MAKES 4 SERVINGS (ABOUT 9 CUPS)

4 cups packed, chopped Romaine lettuce

1 cup frozen corn

1 cup canned kidney beans, no salt added, rinsed and drained

1 medium tomato, chopped

1 medium avocado, sliced

¼ cup chopped onion

½ medium yellow bell pepper, chopped

½ cup chopped fresh cilantro

½ medium jalapeño pepper, seeded and finely chopped

2 tablespoons lemon juice

1 tablespoon extra virgin olive oil

¼ teaspoon red pepper flakes

¼ teaspoon ground cumin

1 garlic clove, minced

1 ounce baked tortilla chips

2 tablespoons pumpkin seeds (pepitas), raw or toasted

1. Toss together the lettuce, corn, beans, tomato, avocado, onion, bell pepper, cilantro, and jalapeño in a large salad bowl.
2. Whisk together the lemon juice, olive oil, red pepper flakes, cumin, and garlic in a small bowl. Drizzle over the salad and toss lightly.
3. Lightly crush the tortilla chips into smaller pieces and sprinkle over the top of the salad. Sprinkle with pumpkin seeds and serve immediately.

Variation: Substitute black beans, chickpeas, black-eyed peas, soybeans, or a combination of beans for the kidney beans.

PER SERVING (ABOUT 2¼ CUPS): Calories: 252 • Carbohydrates: 36 g • Fiber: 9 g • Protein: 9 g • Total fat: 11 g • Saturated fat: 1 g • Sodium: 279 mg • *Star nutrients:* Vitamin A (37% DV), vitamin C (114% DV), iron (12% DV), manganese (34% DV)