

VEGETARIAN TACO SALAD

This recipe was demonstrated in the 2022 Well-being Wednesday Series with the Worklife office. This is a nice recipe to use your fall garden greens.

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Featured Food: Black-Eyed Peas

Yield: Serves 4

Ingredients

Salad:	6-oz can Mexican corn, drained
1/2 t smoked paprika	1/2 c black beans, rinsed & drained
1/2 t ground cumin	1 avocado, pitted and sliced
1/2 t coarse salt	1 pint cherry tomatoes, halved
1/4 t ground black pepper	1 cup shredded sharp cheddar
2 large, sweet potatoes, peeled and diced	Dressing:
2 t olive oil	Jar of salsa and Ranch dressing
3-4 c salad greens, chopped	
1/2 c cilantro leaves	

Preparation

Preheat oven to 400 degrees. In small bowl, combine all seasonings. Place diced sweet potato chunks on baking sheet. Drizzle with oil & sprinkle with seasonings. Mix until sweet potatoes are evenly coated with oil and spices. Bake for 15-20 minutes, until potatoes are fork-tender & crispy on the outside.

To make salad, place greens & cilantro in a large bowl or on a platter. Top with sweet potatoes, corn, black beans, avocado, tomatoes, cheese & tortilla chips.

Combine equal parts salsa and ranch salad dressing. Drizzle salad with fresh lime juice or salsa ranch dressing.