

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

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| 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.