

Southwest Salad (Black Bean & Corn) ✓

Southwest Salads usually contains black beans and corn along with a leaf vegetable like iceberg or romaine lettuce and is often topped with grilled chicken strips, Pepita seeds, and toasted tortilla strips.

In mid-2009 Ray sent a Southwest Salad recipe using red cabbage instead of lettuce. The next weekend Vickie made it for a family gathering and we all loved it. It reminded me of a Southwest Caesar Salad I had at the River Bend Country Club, that I tried to duplicate, but I never quite got it right. This recipe was a combination of the one Ray sent and the one from the River Bend Country Club, then over the years Beverly and I have modified it to fit our taste preferences.

Ingredients

Dressing	1/4	Cup	fresh	Lime or lemon Juice	
	2	Tbsp.		Olive Oil or vegetable oil	
	1/4	Cup	fresh	Cilantro	
	1-2	Cloves	minced	Garlic	
	1/2	Tsp		Salt and Black Pepper	
	1/2	Tsp		Cayenne	
Salad	4	Cups	diced	Red and Green Cabbage	
	2	Cups		Romaine Lettuce	(optional)
	1-2	Cups	frozen	Corn	
	1	Cup	frozen	Peas	(optional)
	2	15-oz cans	rinsed	Black Beans	
	1	Cup	chopped	Celery	
	1	Large	diced	Tomato (or 3 plumb tomatoes)	(optional)
	1/3	Cup	toasted	Pepitas, Pine Nuts, Sunflower, or Peanuts	
	1/2	Cup	diced	Red Onion	(optional)
	1/2	Cup	diced	Jicama	(optional)
	1/2	Cup	diced	Apple	(optional)
	1/2	Cup	Sliced	Black Olives	(optional)
Garnish			toasted	Tortilla Strips or tortilla chip wedges	

Mix the salad dressing and refrigerate until needed. Or use a commercial dressings like zesty Italian, Balsamic Vinaigrette, Greek, and even creamy dressings like thousand islands and green goddess.

Peel and dice the jicama and apple. Add a little lemon juice, to keep them from turning brown, cover and refrigerate until just before serving.

Rinse the black beans to remove the canning liquid.

Finely chop the cabbage, tomatoes, and onions. Combine everything except the jicama, apples, and dressing, cover and refrigerate. I add a little lemon juice and oil to help keep it fresh.

A little while before serving, gently mix in the jicama, apples, and salad dressing. Serve cold.

Variations: you can add avocado, and almost any fresh vegetable, or cheese you like. The dressing can be a simple lemon juice and oil dressing. The first time I had this it had toasted pepita seeds (pumpkin seeds) and toasted strips of tortillas (multi-color ones). A simple and healthy dressing is a combination of cider vinegar, balsamic vinegar, lemon zest, and lemon juice. A little fresh orange juice is also great. Sometimes we add dried cranberries or raisins to it.

