

Healthy Recipe of the Week



Use organic ingredients whenever possible.

Southwest Chopped Salad

Originally from Dierbergs

Serve this as a side salad, or add chopped, cooked chicken for a complete meal.

Makes 4-6 servings

1/3 cup ranch dressing (Look for one in the produce department. It is a good thing if it has to be refrigerated! "Cindy's Kitchen" is one brand of all-natural dressing you can find at your local grocery store.)

1 tablespoon taco seasoning (look for one without MSG)

1/2 teaspoon hot pepper sauce

1 head romaine lettuce, chopped (about 8 cups)

1 can (15 ounces) black beans, rinsed and drained

1/2 cup frozen corn, thawed and drained, or fresh

1/4 cup chopped red onion

Mexican style shredded cheese blend (or another kind of cheese if you prefer)

1 large tomato

Tortilla chips -optional (Make sure to look for chips made from organic corn, because corn is one of the most highly genetically modified crops.)

In small bowl, combine ranch dressing, taco seasoning, and hot sauce; set aside. In large bowl, combine lettuce, beans, corn, onion, cheese, and tomatoes. Drizzle dressing over salad, toss to coat. Serve with tortilla chips, if desired.