



LISA CHEPLAK
THE HEALTHY FAMILY

Southwest Arugula Salad with Cilantro Lime Vinaigrette

Yield: 4 servings

- 2 cups arugula, romaine lettuce or other garden greens
- 1, 15 oz. can organic black beans, drained and rinsed
- 1, 15 oz. can sweet corn, or can use thawed frozen corn or fresh corn
- 1 red, orange or yellow bell pepper, diced
- $\frac{1}{4}$ cup red onion, finely chopped
- 1 cup grape tomatoes, sliced in half
- 1 avocado, diced

- Tortillas Strips

Directions:

1. Add all ingredients (except tortilla strips) to a large bowl.
2. Toss with Cilantro-Lime Vinaigrette

Cilantro-Lime Vinaigrette

- $\frac{1}{4}$ cup lime juice and zest
- $\frac{1}{4}$ cup rice vinegar
- 1 garlic clove
- 1 handful cilantro
- 1 tbsp honey
- $\frac{3}{4}$ cup olive oil
- $\frac{1}{2}$ tsp salt

Directions:

1. Add all vinaigrette ingredients to a blender, and blend until smooth.
2. Pour onto salad and toss all together.
3. Top with tortilla strips