



Illinois Extension
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

Recipe provided by:

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Serving McLean, Livingston, & Woodford Counties
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Southwest Salad



1 head romaine lettuce, chopped
1 cup canned, no-salt-added black beans, drained and rinsed
2 cups corn, frozen and thawed, or canned, dried

1 orange bell pepper
1/4 cup cilantro, chopped
1 avocado, chopped

Instructions: Arrange all of your ingredients in a bowl and top with a dressing of your choosing (I prefer a chipotle ranch on this salad)

Yield: 4 servings

Nutrition Facts (per serving): 230 calories, 7 grams fat, 105 milligrams sodium, 39 grams carbohydrate, 13 grams fiber, 9 grams protein