

Mexican Salad

1 package Baby Spring mix greens (16 oz.)
4 tomatoes, diced
15 oz. can low-sodium black beans, drained and rinsed
15 oz. can low-sodium pinto beans, drained and rinsed
2 cups brown rice
2 green onions, sliced
1 cup shredded 2% Colby Jack cheese

Chile Lime Dressing

3 limes
¼ cup olive oil
¼ cup chopped fresh cilantro
1-2 teaspoons of hot sauce
1 teaspoon ground cumin
2 garlic, minced
½ teaspoon salt
¼ teaspoon crushed red pepper

Directions:

1. Place chopped lettuce in a large bowl.
2. Sprinkle diced tomatoes, black beans, pinto beans, brown rice and green onions over lettuce.
3. Top with shredded cheese

Salad dressing: Combine all ingredients, whisk together and pour over salad

Serves 6

Nutrient Analysis, per serving: 283 calories, 46g. carbohydrate, 15g. protein, 5g. fat, 339mg. sodium