

Health Bites: Layer It Up

Video: [Let's Make a Mexican-Inspired Salad](#)

This salad is a fresh, crunchy and colourful way to enjoy protein foods and vegetables. These layers are sure to satisfy you with every bite at meal or snack time.

Here are some tips to build a salad:

- Keep it crisp — if making ahead, keep the dressing separate and add it just before serving.
- Boost the protein and fibre — add extra black beans or mix in other beans (like kidney or pinto beans).
- Customize the toppings — try diced avocado, chopped bell peppers, or cherry tomatoes for extra colour.
- Make it kid-friendly — assembling this salad can be a fun way for children to learn about these foods, so let them build the layers. They are often more excited to try food they help prepare.

Want to make this salad a packed lunch to go and maintain the crunch?

- Place beans, corn, and cucumber at the bottom of the container.
- Keep lettuce on top and pack the dressing separately.
- Combine just before eating,

