

Layered Meatless Mexican Salad

This colourful salad provides 2 Canada's Food Guide servings of Vegetables and Fruit. Have a salad—it's fresh, delicious, and naturally good for you!



Ingredients:

6 cups	Romaine lettuce, washed and chopped into strips	1 ½ L
1 ¼ cup	Salsa	310 mL
1-19 ounce can	Black beans, rinsed, drained	1-540 mL can
1-12 ounce can	Whole kernel corn, drained	1-341 mL can
1 large	Cucumber, thinly sliced	1 large
1 large	Fresh lemon (peel and juice)	1 large
½ cup	Low fat mayonnaise	125 mL
½ cup	Plain 1% M.F. yogurt	125 mL
2 cloves	Garlic, minced	2 cloves
½ cup	Reduced fat cheddar cheese, 21% M.F. or less, shredded	125 mL
¼ cup	Green onion, thinly sliced	60 mL

Directions:

1. Place half of lettuce in a large serving bowl.
2. Layer salsa, beans and corn over lettuce.
3. Arrange cucumber over corn, and top with remaining lettuce.
4. Grate lemon peel and combine with mayonnaise, yogurt and garlic.
5. Squeeze lemon juice into mayonnaise mixture. Stir and spread evenly over top of salad.
6. Sprinkle with cheese and green onion.
7. Cover salad and refrigerate at least 1 hour before serving.

Makes 8 servings (500 mL/ 2 cups/ 245 g)

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Nutrition Facts	
Per 1/8 of recipe (500 mL/ 2 cups/ 245 g)	
Amount	% Daily Value
Calories 200	
Fat 7 g	11 %
Saturated 2 g + Trans 0 g	10 %
Cholesterol 10 mg	
Sodium 500 mg	21 %
Carbohydrate 26 g	9 %
Fibre 6 g	24 %
Sugars 5 g	
Protein 10 g	
Vitamin A	70 %
Vitamin C	30 %
Calcium	15 %
Iron	15 %

Nutrient Claim	Amount per serving
Very high in fibre	6 g
Low in saturated fat	2 g
Very high in potassium	580 mg
Source of calcium	153 mg
Very high in magnesium	64 mg
Very high in folate	153 mcg
High in iron	2.1 mg

Canada's Food Guide Food Group	Food Guide servings per recipe serving
Vegetables and Fruit	2
Grain Products	0
Milk and Alternatives	¼
Meat and Alternatives	¼

This is a Choose Sometimes recipe (Mixed Dish–Vegetarian) according to the Alberta Nutrition Guidelines.