

Tex-Mex Chopped Salad with Lime Cilantro Vinaigrette

Prep time: 20 minutes

Yield: 6 servings

Ingredients:

Chopped Salad:

1 10-ounce bag	chopped organic romaine lettuce
1 15-ounce can	pinto beans, drained
2	organic English cucumbers, halved, stemmed, seeded, deveined, and chopped
1	organic red bell pepper, halved, stemmed, seeded, deveined, and chopped
1	organic yellow bell pepper, halved, stemmed, seeded, deveined, and chopped
1	organic orange bell pepper, halved, stemmed, seeded, deveined, and chopped
1 cup	chopped organic celery
3	carrots, peeled and chopped
1 cup	halved organic cherry tomatoes
2	ripe but firm organic Hass avocados, halved, pitted, peeled, and cubed
½ cup	chopped organic cilantro leaves

Lime-Cilantro Vinaigrette:

3	organic limes, juiced
3	organic lemons, juiced
3 tablespoons	seasoned rice wine vinegar
2 tablespoons	coconut syrup or maple syrup
1 tablespoon	ground cumin
2 teaspoons	salt
⅓ cup	extra-virgin olive oil
1 cup	chopped organic cilantro leaves

Directions:

To assemble the salad ingredients, spread the lettuce in the bottom of a large salad bowl. Arrange the bell peppers, celery, carrots, tomatoes, avocados, pinto beans, and cilantro on top.

For the dressing, combine the lime and lemon juices, vinegar, syrup, cumin, and salt in the bowl of a blender or food processor. Add the olive oil and cilantro and blend or process until smoothly combined.

In the kitchen or at the table, pour the dressing evenly over the salad ingredients and toss thoroughly before serving.