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Southwestern Salad with Black Beans

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Here we top salad greens with black beans, sweet corn and grape tomatoes and bring it all together with a tangy avocado-lime dressing for a Mexican-inspired salad. Try this salad for a take-along lunch. To keep the salad greens from getting soggy, pack the greens, salad toppings and dressing in separate containers and toss them together just before eating.

1 serving | Active Time: 20 minutes | **Total Time:** 20 minutes

Ingredients

- 1/2 ripe avocado
- 3/4 cup packed fresh cilantro
- 1/2 cup nonfat plain yogurt
- 2 scallions, chopped
- 1 clove garlic, quartered
- 1 tablespoon lime juice
- 1/2 teaspoon sugar
- 1/2 teaspoon salt
- 3 cups mixed greens
- 1/2 cup black beans, canned (rinsed) or cooked
- 1/2 cup corn kernels, fresh or frozen (thawed)
- 1/2 cup grape tomatoes

Preparation

1. Place avocado, cilantro, yogurt, scallions, garlic, lime juice, sugar and salt in a blender; blend until smooth.

2. Place greens in an individual salad bowl; toss with 2 tablespoons of the dressing. (Refrigerate the remaining dressing.) Top the greens with black beans, corn and tomatoes.

Nutrition

Per serving : 235 Calories; 4 g Fat; 1 g Sat; 2 g Mono; 0 mg Cholesterol; 43 g Carbohydrates; 13 g Protein; 13 g Fiber; 307 mg Sodium; 1325 mg Potassium

2 Carbohydrate Serving

Exchanges: 2 starch, 2 vegetable, 1 lean meat, 1/2 fat

Tips & Notes

- **Make Ahead Tip:** Cover and refrigerate leftover dressing for up to 3 days.