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Mexican Salad

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Vegan Taco Salad Ingredients

- Lettuce
- pico de gallo
- beans
- Radishes with salt, lemon and cilantro
- Green onions
- avocado or guacamole
- cabbage (red for color)
- corn
- red bell pepper

Dressing Ingredients

- 1 avocado
- 2-3 TSP of lemon
- 1/2 cup of fresh cilantro or basil
- 1/4 cup of cashews (opt).
- jalapeno (opt).
- 1 glove garlic
- 1 tsp maple syrup
- Salt to taste
- 1/2 water

Instructions

1. Prepare the various components before assembling the salad.
2. Prepare the Pico de Gallo and Creamy Avocado Cilantro Dressing (Recipe Below). Keep in fridge until ready to make.
3. Drain and rinse the black beans using if using can beans.
4. Cook the corn.
5. Slice lettuce into manageable pieces.
6. Dice the red pepper.
7. Shred the cabbage.
8. Slice the avocado.

To Assemble the vegan taco salad:

1. Start by adding a generous layer of crispy lettuce to the bottom of the bowl.
2. Next, add the following ingredients to make the salad look attractive and appetizing: black beans, corn, Pica de Gallo (fresh salsa), shredded red cabbage, sliced avocado, and diced red pepper, radishes.
3. Garnish with fresh cilantro, lime slices, or jalapeño slices.
4. Serve with creamy avocado cilantro dressing, corn chips, vegan shredded cheese, or vegan sour cream.

Bonus Tips

Dressing:

1. Add half an avocado to a blender, along with cashews and water.
2. Season with fresh garlic, salt, maple syrup, and cilantro.
3. If you like a bit of a kick, add a couple of slices of jalapeño.
4. Blend until smooth and chill in the fridge until ready to use.