



spicy fiesta salad

cook time:

20

prep time:

10

featured product:

romaine heart leaves

¡vamos a comer! this colorful salad is filled with bright sunny flavors of Latin America. fresh corn and vitamin-rich tomatoes team up with protein-rich black beans and heart-healthy avocados. we've added toasted pumpkin seeds, jicama and tortilla strips for a welcome crunch. we tie it all together with a spicy cumin and lime vinaigrette. top it with tangy queso fresco to make it a fiesta!



ingredients

4 servings

5 oz **organicgirl? true hearts romaine** ?

2 ears of corn on the cob, shucked

2 cup black beans, cooked or canned

1 cup cherry tomatoes, halved

1 medium avocado, cubed

1/2 cup jicama cubes

1/4 pound queso fresco, crumbled (can omit or substitute feta)

2 ounces tortilla strips, homemade or store-bought

1/4 cup pepitas (pumpkin seeds), toasted

for the dressing:

1/2 jalapeño chili, seeded and finely minced

1 clove garlic, minced

1/2 teaspoon honey

1 teaspoon of ground cumin

2 tablespoons lime juice

1 teaspoon lime zest

1 tablespoon sherry vinegar

salt to taste

substitutions

? substitute with **little gems**

directions

1. combine all of the dressing ingredients and whisk to combine. set aside.
2. bring a large pot of salted water to a boil and blanch the corn cobs for two minutes.
3. drain and refresh under cool water. using a paring knife, remove the corn kernels from the cob into a large mixing bowl.
4. add the black beans, tomatoes, avocado and jicama, along with the dressing. gently toss to coat completely.
5. arrange the romaine leaves on a large platter and top with the corn and bean mixture. finish with the tortilla strips, pepitas and queso fresco, if using.