

TEXAS SALAD

SALAD INGREDIENTS



- 4 cobs** Corn (grilled)
- 1 head** Romaine lettuce (chopped)
- 1 can** Black beans (15 oz) (drained)
- 1** Red pepper (diced)
- 4** Radishes (sliced)
- 3** Scallions (chopped)
- 12** Tomatoes (pear) (cut in 1/2) (optional)

DRESSING INGREDIENTS

- 2 T** Mustard (whole-grain)
- 1 T** Lime juice
- 1 T** Vinegar (Red wine)
- 3 T** Extra virgin garlic olive oil
- 1/4 C** Cilantro
- Salt & Pepper (to taste)

DIRECTIONS

- 1** When corn has cooled, cut off the corn kernels from the cobs
- 2** After beans have been drained, put them on a paper towel & cover with another paper towel
- 3** Place your hands lightly on the paper towel to remove the excess liquid
- 4** Toss kernels with the lettuce, black beans, red pepper, radishes, scallions & if you want add the tomatoes halves
- 5** Whisk dressing ingredients & toss with dressing

