

# Vegetarian Taco Salad

## Ingredients

### Cilantro- lime dressing:

- 1 tablespoon apple cider vinegar
- Juice from one lime
- 1/2 cup fresh cilantro, loosely packed
- 1/4 cup nondairy yogurt
- 1 teaspoon honey
- Pinch of salt

### Salad:

- 1/4 cucumber, diced
- 1/2 cup black beans
- 1 roma tomato, diced
- 1/4 cup corn
- 1/4 cup red pepper, diced
- 3 cups greens
- 1/4 avocado, diced
- 1 tablespoon shredded cheddar cheese

## Directions

1. Blend the ingredients for the salad dressing until smooth. Pour into the bottom of a quart-sized mason jar (wide-mouth works best for filling and eating out of).
2. Then layer the ingredients in the order listed above — cucumbers, black beans, tomato, corn, red pepper, greens, avocado, then cheese.
3. Secure the lid, and store in the fridge for up to five days. You can also pack a small container of tortilla chips to crumble on top when you're ready to eat.



## Nutrition Facts

Serving Size 1 serving (820.2 g)	
<b>Amount Per Serving</b>	
<b>Calories</b> 463	Calories from Fat 132
<b>% Daily Value*</b>	
<b>Total Fat</b> 14.7g	<b>23%</b>
Saturated Fat 3.7g	<b>19%</b>
Trans Fat 0.0g	
<b>Cholesterol</b> 7mg	<b>2%</b>
<b>Sodium</b> 178mg	<b>7%</b>
<b>Potassium</b> 1947mg	<b>56%</b>
<b>Total Carbohydrates</b> 70.3g	<b>23%</b>
Dietary Fiber 20.5g	<b>82%</b>
Sugars 18.1g	
<b>Protein</b> 22.6g	
Vitamin A 412%	Vitamin C 368%
Calcium 54%	Iron 62%
* Based on a 2000 calorie diet	