

# Southwestern Salad with Black Beans

From – *delish.com*

½ ripe avocado  
¾ cups packed fresh cilantro  
½ cup non-fat plain yogurt  
2 scallions (chopped)  
1 clove garlic (quartered)  
1 Tbsp lime juice  
½ tsp sugar  
½ tsp salt  
3 cups mixed greens  
½ cup black beans (rinsed canned or cooked)  
½ cups corn kernels (fresh or thawed frozen)  
½ cup grape tomatoes

- Place avocado, cilantro, yogurt, scallions, garlic, lime juice, sugar and salt in a blender. Blend until smooth.
- Place greens in a salad bowl.
- Toss with 2 Tbsp of the dressing. (Refrigerate the remaining dressing.)
- Top the greens with black beans, corn and tomatoes.



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