



Veggie Burrito Salad



Ingredients



- | | | |
|--|---|--|
| <ul style="list-style-type: none"> • 1 small head of romaine lettuce, torn into small pieces • 1 cup brown rice, cooked • 1 cup of black beans • 1 cup Roma tomatoes • 1 can of sweet corn, or fresh • 1/2 can of green chilies, drained | <ul style="list-style-type: none"> • 1/2 can sliced black olives, drained • 1/2 cup shredded cheddar cheese <p>Garnish with:</p> <ul style="list-style-type: none"> • 1 avocado, sliced • Tortilla chips, for a garnish | <p>Dressing:</p> <ul style="list-style-type: none"> • 2 Tbsp. fresh lime juice • 1 Tbsp. fresh cilantro, chopped • 3 Tbsp. extra virgin olive oil • salt & pepper to taste <p>Yield: 4-6 servings
Serving Size: 1 1/2 cups</p> |
|--|---|--|



Directions



1. In a large platter or bowl, place lettuce leaves. Top with brown rice, black beans, diced tomatoes, corn, green chilies, and black olives.
2. Combine the dressing in a small jar and shake, then drizzle over the salad.
3. Top with shredded cheese, sliced avocados or tortilla chips.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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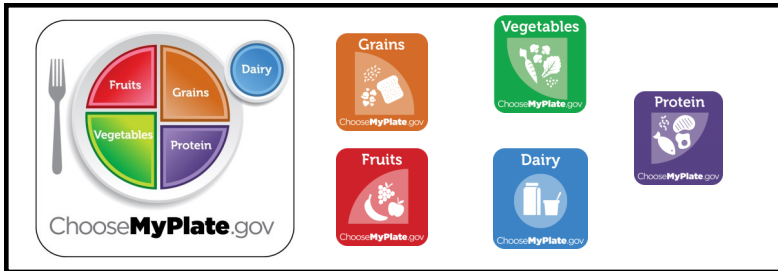
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Fast Facts



Featured Food Groups



Cooking Tips



- If using canned black beans, drain and rinse before use.

Nutrition Facts



Nutrition Facts	
6 servings per container	
Serving size	1 1/2 cups
Amount Per Serving	
Calories	250
<small>% Daily Value*</small>	
Total Fat 12g	15%
Saturated Fat 3g	15%
Trans Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 7g	
Cholesterol 10mg	3%
Sodium 280mg	12%
Total Carbohydrate 29g	11%
Dietary Fiber 8g	29%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Sugar Alcohol 0g	
Protein 9g	18%
Vitamin D 0mcg	0%
Calcium 168mg	15%
Iron 3mg	15%
Potassium 658mg	15%
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

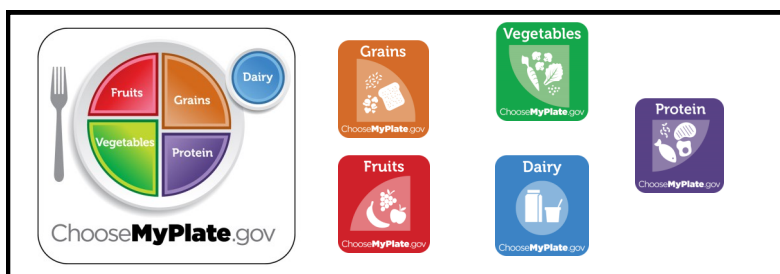
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