

Garden Corn Salad

Ingredients:

4 Cups Corn (grilled/frozen/canned - use whatever you have)

3 - 4 Roma Tomatoes - seeded & diced

6 Sweet Peppers - diced

1/2 Red Onion - diced

1 Can Black Beans

Chopped Parsley

Optional:

1/2 Small Can Hatch Green Chilis

Any Protein in addition to beans - grilled chicken, taco meat, etc!

1 Avocado - diced

1 Cup of Cojita Mexican Cheese or Feta

1 Cup Cooked Quinoa with taco seasoning and parsley or cilantro

Dressing Ingredients:

1/3 Red Wine Vinegar

2/3 Avocado Oil - or any oil you prefer

2 T Taco Seasoning

1 Clove Minced Garlic- or 1/2 tsp granulated garlic

1 T Red Onion or 1/2 tsp granulated onion

1 T Tapatio or any hot sauce you prefer

Salt and Pepper to taste

*Use water to thin dressing

Directions:

In a large bowl add all ingredients desired. Set aside. Mix all dressing ingredients with whisk. Taste and adjust seasoning to your liking - I never measure, so my measurements may not be precise!

Pour over the corn salad and mix well.

Serve over Quinoa hot or cold! You can also grill corn tortillas and use as taco filling!

