

Scoopable Salad

Black beans (15 oz), rinsed and drained

Frozen corn (thawed)- 1 cup

Red onion, diced- ½ cup

Red pepper, diced- 1

Avocado, diced- 1

Hearts of palm, diced- 1 cup

Cilantro, chopped- ¼ cup

Tomatoes, diced- 1 cup

Dairy free feta- ½ cup

Jalapeno pepper, diced- 1 small

Mix ingredients together in a bowl. You can add more or less of each of these ingredients, according to your preferences. Leave out what you don't like. Add some other vegetables that you do like.

Dressing

Aquafaba (liquid from a can of chickpeas)- 2 T.

White wine vinegar- 1 T.

Lime juice- 2 T.

Salt- 1 tsp.

Garlic powder- ½ tsp.

Cumin- ½ tsp

Pinch of pepper

Whisk together and add to salad.

Use as a dip for your tortilla chips. This salad is full of nutrition and fiber. Enjoy!