

MEXICAN CHOPPED SALAD WITH CUMIN VINAIGRETTE

From Susan Feniger and Mary Sue Milliken.

INGREDIENTS:

- ☐ 1/3 cup pepitas
- ☐ 1/4 cup red wine vinegar
- ☐ Salt and pepper to taste
- ☐ 1 teaspoon toasted ground cumin
- ☐ 1/2 cup extra virgin olive oil
- ☐ 1 small head of romaine lettuce, cut crosswise into 1/2-inch strips
- ☐ 2 ripe tomatoes, cored, seeded and diced
- ☐ 1 tart green apple, peeled cored and diced
- ☐ 1/2 cup fresh corn kernels
- ☐ 1 1/2 cups coarsely hand-crushed tortilla chips
- ☐ 1 avocado, peeled, pitted and thinly sliced

INSTRUCTIONS: Toast pepitas in a small frying pan over medium heat until light golden brown. Shake pan often and watch carefully. Add vinegar. Remove from heat. Stir in salt, pepper, cumin and olive oil. Let cool to room temperature.

Toss together lettuce, tomatoes, apple, corn and tortilla chips. Drizzle dressing over salad; toss well. Serve garnished with avocado.

Serves 4

PER SERVING: 465 calories, 5 g protein, 26 g carbohydrate, 40 g fat (6 g saturated), 0 cholesterol, 75 mg sodium, 6 g fiber.