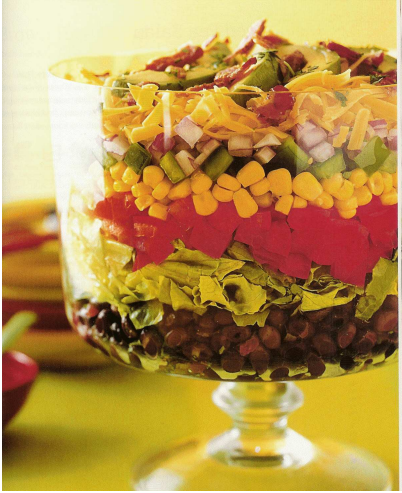


Southwestern Layered Salad

~ *Perfect for a potluck supper, company picnic, or luncheon buffet* ~



Part of the enjoyment of food is in the appearance. Show off the colorful layers by serving it in a clear glass bowl.

Ingredients

- 1 (15½ oz) can black beans, rinsed and drained
- ¼ cup prepared salsa
- ¼ cup chopped fresh cilantro
- 2 cups finely chopped romaine lettuce
- 2 medium tomatoes, chopped
- 1 (15¼ oz) can whole kernel corn, drained
- 1 green bell pepper, seeded and diced
- 1 red onion, finely chopped
- ½ cup shredded reduced-fat cheddar cheese
- ½ avocado, peeled and cut into ¼ inch slices
- 2 slices reduced-sodium bacon, cooked and crumbled
- ¼ cup fat-free Italian dressing

Directions

1. Combine the beans, salsa, and 2 Tbsp of the cilantro in a small bowl.
2. Layer the ingredients in a 1½ qt clear glass bowl in this order: the bean mixture, lettuce, tomatoes, corn, bell pepper, onion, and cheese.
3. Just before serving, arrange the avocado on top. Sprinkle with the bacon and the remaining 2 Tbsp cilantro. Drizzle the salad with the dressing.

Servings per Recipe: 8 Serving size: 1-1/3 cups

Per serving: 166 calories, 8g protein, 23g carbohydrate, 6g Total Fat, 2g Sat Fat, 0g Trans Fat, 9mg cholesterol, 396mg sodium, 6g fiber, 106mg Calc. (WW points: 3)

Recipe from Winner's Circle, by Weight Watchers