



## spicy fiesta salad

cook time:  
**20**

prep time:  
**10**

featured product:  
**romaine heart leaves**

¡vamos a comer! this colorful salad is filled with bright sunny flavors of Latin America. fresh corn and vitamin-rich tomatoes team up with protein-rich black beans and heart-healthy avocados. we've added toasted pumpkin seeds, jicama and tortilla strips for a welcome crunch. we tie it all together with a spicy cumin and lime vinaigrette. top it with tangy queso fresco to make it a fiesta!



## ingredients

4 servings

5 oz [organicgirl? true hearts romaine ?](#)

- 2 ears of corn on the cob, shucked
- 2 cup black beans, cooked or canned
- 1 cup cherry tomatoes, halved
- 1 medium avocado, cubed
- 1/2 cup jicama cubes
- 1/4 pound queso fresco, crumbled (can omit or substitute feta)
- 2 ounces tortilla strips, homemade or store-bought
- 1/4 cup pepitas (pumpkin seeds), toasted

for the dressing:

- 1/2 jalapeño chili, seeded and finely minced
- 1 clove garlic, minced
- 1/2 teaspoon honey
- 1 teaspoon of ground cumin
- 2 tablespoons lime juice
- 1 teaspoon lime zest
- 1 tablespoon sherry vinegar
- salt to taste

## substitutions

? *substitute with* [little gems](#)

## directions

1. combine all of the dressing ingredients and whisk to combine. set aside.
2. bring a large pot of salted water to a boil and blanch the corn cobs for two minutes.
3. drain and refresh under cool water. using a paring knife, remove the corn kernels from the cob into a large mixing bowl.
4. add the black beans, tomatoes, avocado and jicama, along with the dressing. gently toss to coat completely.
5. arrange the romaine leaves on a large platter and top with the corn and bean mixture. finish with the tortilla strips, pepitas and queso fresco, if using.