Blue Corn Chip Salad

Source: 21-Day Weight Loss Kickstart by Neal Barnard, MD; recipe by Jason Wyrick of the Vegan Culinary Experience

Blue corn chips are a feast for the eyes and the taste buds.

About the Recipe

239 Calories · 10 g Protein · 15 g Fiber
Lunch · Snack
Gluten-free · Nut-free

Double check the blue corn chips to confirm no wheat is added to the ingredients list.

Ingredients

Makes 2 Servings

- 4 c (180 g) baked blue corn chips, other colored corn chips can be substituted
- 1 small head red-leaf lettuce, torn into bite-sized pieces
- 16 oz (360 g) cooked black beans, rinsed
- 1 c (259 g) salsa
- 3 roasted red peppers, sliced into strips about 2" long by 1/2" thick
- 1 Roma tomato, diced
- 1/4 c (60 mL) green pumpkin seeds **optional*

Directions

1. Place the corn chips on the plates first.
2. Next, add the lettuce.
3. Then, add sliced roasted red peppers.
4. Top it off with the beans, tomatoes, and salsa.

5. Options: If you add green pumpkin seeds, make them the final ingredients you place on the salad. Core Concepts: Baked corn chips make excellent croutons. They are a perfect substitute for the bready kind that are usually fried in and laden with oil.

Nutrition Facts

Per serving

Calories: 239
Protein: 10 g
Carbohydrate: 39 g
Sugar: 16 g
Total fat: 2 g
    Calories from fat: 9%
Fiber: 15 g
Sodium: 340 mg