



## PUJOLS FAMILY FOUNDATION BATTER UP COOKING PROGRAM

### SOUTHWEST CHOPPED SALAD

1/3 cup light ranch dressing	4 ounces (1 cup) shredded reduced-fat Colby-Monterey jack cheese blend
1 tablespoon reduced-sodium taco seasoning	1/2 cup frozen corn, thawed and drained
1/2 teaspoon hot pepper sauce	1 large tomato, chopped
1 head romaine lettuce, chopped (about 8 cups)	1/4 cup chopped red onion
1 can (15 ounces) black beans, rinsed & drained	Tortilla chips (optional)

1. In small bowl, combine ranch dressing, taco seasoning, and hot pepper sauce; set aside.
2. In large bowl, combine remaining ingredients, except tortilla chips.
3. Drizzle dressing over salad; toss to coat. Serve with tortilla chips, if desired.

Makes 4 - 6 entrée servings or 8 side-dish serving.

