

Southwestern Salad

Serves 4-6

Ingredients

- Corn *canned* (1 16 oz can)
- Black Beans *canned* (1 16 oz can)
- Cheddar Cheese *grated* (¼ Cup)
- Romaine Lettuce *chopped* (½ Cup)
- Iceberg Lettuce *chopped* (½ Cup)
- Green onion *chopped* (¼ Cup)
- Quinoa *cooked* (¼ cup)
- Tomato *diced* (¼ Cup)
- Lemon or Lime *juiced* (¼ Cup)



Lemon vinaigrette

- 1:1 Ratio of lemon to oil; season with salt, pepper

Instructions

1. For 1 cup quinoa, add 2 cups of water, bring to a boil then let simmer for 10 minutes. After 10 minutes turn off use a fork to fluff the grain and let sit, covered for another 5 minutes. This will get your quinoa light and fluffy.
2. Mix ¼ cup freshly squeezed lemon to ¼ cup olive oil, season with salt and pepper.
3. Put all the ingredients in a bowl with your greens as your base, add toppings, and drizzle desired amount of lemon vinaigrette. Toss and serve.

Optional

- Change up your protein with chicken, salmon, tempeh, kidney beans, etc!
- Don't skimp on the toppings: avocado, tortilla chips, jalapenos, pepitas, sour cream or plain greek yogurt are all great additions here.
- Don't have tortilla stripes? Toss cut up tortilla, in oil then season with salt and pepper, then bake at 425° for about 8 - 10 minutes.
- Add the corn raw or toss in a dry pan to give them some char.
- Swap up your greens: try iceberg lettuce, spinach, or kale or a mix.

Budget Tips

- ❖ Buying blocks of cheese is usually cheaper than buying bags of shredded cheese.
- ❖ Quinoa can be often found in the bulk section of grocery stores for a lower price.
- ❖ Keep the bottoms of your green onions, the roots can be planted or placed in a small jar of water and regrown (refresh water every few days).

Notes

- ★ Quinoa is a whole grain, providing you with fiber, nutrients, and complete protein!
- ★ Did you know that quinoa, black beans, corn, and tomatoes are all foods indigenous to the Americas?

Food, Nutrition, and Basic Skills Program

Many students come into the university environment with limited knowledge regarding nutrition,

food preparation, grocery shopping, and budgeting. Without these skills, students may experience food insecurity, like skipping meals and eating poorly for the sake of cost or convenience. Attend our free workshops and learn how to cook, take care of your body and manage your finances while learning about your relationship with the world around you.

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