

Southwestern Salad

8 cups broken salad greens

1/2 of a red onion, diced

1 green bell pepper, diced

2 tablespoons minced cilantro

3/4 cup avocado, diced

3 medium tomatoes, diced

1 15-oz can of black beans, rinsed and drained

1 15-oz can of corn, drained

1 teaspoon dried oregano

1/2 teaspoon sea salt

1 cup baked tortilla chips, crushed

1. Combine salad greens, onion, green pepper, cilantro, avocado, and tomatoes in a large salad bowl
2. Heat beans and corn for 4 minutes over medium heat. Add oregano and salt. Add to salad right before serving, together with tortilla chips.

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Baked Tortilla Strips/Chips

Preheat oven to 350* (325* if using convection oven)

Corn tortillas, white or yellow

Pam or equivalent Spray

1. Spray baking sheet lightly with Pam
2. Lay 6 tortillas on cutting board
3. Cut stack into 8 wedges (cut each stack into strips if desired)

4. Lay in single layer on baking sheet
5. Spray with Pam
6. Sprinkle with salt
7. Sprinkle with garlic powder, optional
8. Bake about 10 minutes, making sure they don't burn on edges
9. Remove to cooling rack
10. Allow to crisp and cool completely before storing

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