

# VitaMin



Vital health information in a minute

## VEGETARIAN TACO SALAD

**Yield: 6 servings**

**Total time: 40 minutes**

### Ingredients

- › 2 tablespoons extra-virgin olive oil
- › 1 large onion, chopped
- › 1½ cups fresh corn kernels or frozen, thawed
- › 4 large tomatoes
- › 1½ cups cooked long-grain brown rice
- › 1 15-ounce can black, kidney or pinto beans, rinsed
- › 1 tablespoon chili powder
- › 1½ teaspoons dried oregano, divided
- › ¼ teaspoon salt
- › ½ cup chopped fresh cilantro
- › ⅓ cup prepared salsa
- › 2 cups shredded iceberg or romaine lettuce
- › 1 cup shredded pepper Jack cheese
- › 2½ cups coarsely crumbled tortilla chips
- › Lime wedges for garnish

### How to make it

1. Heat oil in a large nonstick skillet over medium heat. Add onion and corn; cook, stirring, until the onion begins to brown, about 5 minutes. Coarsely chop 1 tomato. Add it to the pan along with rice, beans, chili powder, 1 teaspoon oregano and ¼ teaspoon salt. Cook, stirring frequently, until the tomato cooks down, about 5 minutes. Let cool slightly.
2. Coarsely chop the remaining 3 tomatoes. Combine with cilantro, salsa and the remaining ½ teaspoon oregano in a medium bowl.
3. Toss lettuce in a large bowl with the bean mixture, half the fresh salsa and ⅔ cup cheese. Serve sprinkled with tortilla chips and the remaining cheese, passing lime wedges and the remaining fresh salsa at the table.

### Nutrition information

#### Amount per serving

Serving size: 1½ cups

Per serving:

- › Calories: 392
- › Fat: 16 g
- › Saturated fat: 5 g
- › Fiber: 9 g
- › Carbohydrates: 52 g
- › Protein: 14 g
- › Folate: 87 mcg
- › Cholesterol: 20 mg
- › Sugars: 10 g
- › Added sugars: 0 g
- › Vitamin A: 1,962 IU
- › Vitamin C: 24 mg
- › Calcium: 218 mg
- › Iron: 3 mg
- › Sodium: 481 mg
- › Potassium: 767 mg

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