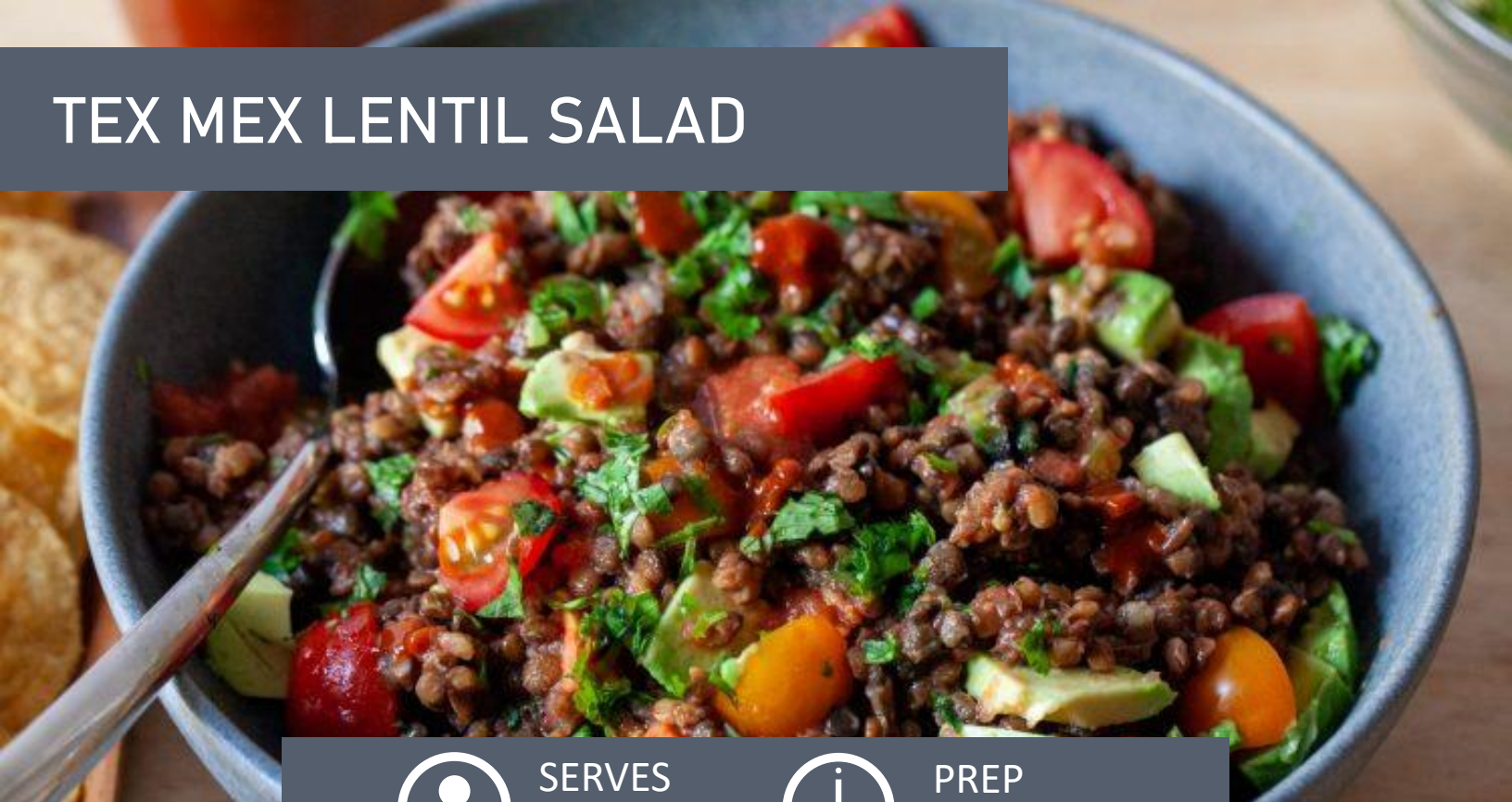


TEX MEX LENTIL SALAD



SERVES
4-6



PREP
15 mins

INGREDIENTS

SALAD

- 1 can lentils
- 1 can black beans
- 1 can whole kernel corn
- 1 1/2 cups grape tomatoes, diced
- 1/2 red onion, diced
- 1/2 cup cilantro, chopped
- 1 avocado, cubed

DRESSING

- 1/3 cup plain Greek yogurt
- 2 tbsp mayonnaise
- 2 tbsp lime juice
- 1/2 package taco seasoning

INSTRUCTIONS

1. Combine all salad ingredients into a large bowl. Set aside.
2. Add all dressing ingredients to a small bowl or jar. Whisk together to combine.
3. Pour dressing over salad and toss to combine. Enjoy!

Notes:

- Personalize your salad by adding chick peas, chopped red bell peppers, or sliced cucumbers.
- The dressing makes a tasty sauce for your favourite fish tacos!

