chattavore

VEGETARIAN TACO SALAD

Prep time: 10 minutes
Serves 1

- 2-3 cups chopped romaine lettuce (about 5-6 leaves or half a romaine heart)
- 1/2 cup cooked black beans, well drained
- 1 ounce cheddar cheese, shredded or cut into cubes
- 1/4 avocado, diced
- 1 tablespoon salsa
- 1 tablespoon ranch dressing, sour cream, or cashew cream (or omit and use 2 tablespoons of salsa)
- 5 or 6 tortilla chips
- other taco toppings, optional

1. For a plated salad, place the lettuce on a plate and top with the black beans, cheese, avocado, and any other desired toppings. Stir together the salsa and dressing/sour cream/cashew cream and drizzle over the salad. Top with crumbled chips and serve immediately.
2. To assemble into a Mason jar salad: stir together the salsa and dressing/sour cream/cashew cream in the bottom of a 1-quart wide-mouthed Mason jar. Add the avocado, then the cheese, then the black beans. Add the lettuce last and top with the lids. Refrigerate or pack in a lunchbox with an icepack until ready to serve. Pack chips separately. If you want to add other toppings, you can put them in the jar as well, just be sure that you place "wet" ingredients under the beans and away from the lettuce.