chattavore

SOUTHWESTERN SEVEN-LAYER SALAD

Prep Time: 25 minutes
Yield: 8-12 servings

For the cilantro-lime ranch dressing
- 1/4 cup buttermilk
- 1/2 cup mayonnaise
- 1/4 cup sour cream
- 1 green onion
- 1 clove garlic
- 1/4-1/2 cup cilantro, depending on your tastes
- juice of 1 small lime
- 1/2 teaspoon salt
- 1/2 teaspoon paprika
- 1/4 teaspoon cayenne pepper (optional)

For the salad
- 1 heart of Romaine, chopped, washed, and dried
- 2 cups black beans-drained and rinsed
- 2 large tomatoes-seeded, cored, and diced
- 2 avocados-seeded and diced
- 2 cups corn kernels (about 4 ears of fresh corn)
- 4 ounces Monterey jack cheese-grated

1. To make the dressing, combine all the ingredients in a blender or food processor and blend until well combined and all ingredients are well-chopped. If you don't have a food processor or blender, finely chop the green onion and the garlic and whisk the dressing by hand. Refrigerate until ready to serve. (makes about 1 cup of dressing, which is just enough for this salad).
2. Spread the Romaine lettuce in a deep, wide bowl (a trifle bowl is perfect here). Layer the ingredients on top of the lettuce in this order: black beans, corn, tomatoes, and avocado.
3. Pour the ranch dressing evenly over the salad. Top with the Monterey jack cheese. Cover with a lid or plastic wrap and refrigerate for at least an hour before serving.