



Vegetarian Taco Salad

Serves 6 (1½ cups)

Ingredients

- 2 Tablespoons extra-virgin olive oil
- 1 Large onion, chopped
- 1 ½ Cups corn kernels canned & drained, or frozen & thawed
- 4 Large tomatoes
- 1 ½ Cups cooked long-grain brown rice
- 1 15-ounce can of black, kidney, or pinto beans
- 1 Tablespoon chili powder*
- 1 ½ Teaspoons dried oregano, divided*
- *or you can substitute using prepackaged taco seasoning packet
- ¼ Teaspoon salt
- ½ Cup chopped cilantro
- 1/3 Cup of prepared salsa
- 2 Cups shredded lettuce
- 1 Cup shredded cheese
- 2 ½ Cups of coarsely crumbled taco chips
- Lime wedges to garnish

Instructions

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).
 2. 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.
 3. Chop the remaining 3 tomatoes. Combine with cilantro, salsa and the remaining ½ teaspoon oregano in a medium bowl.
 4. Toss lettuce in a large bowl with the bean mixture, half the fresh salsa and 2/3 cup cheese.
 5. Serve sprinkled with tortilla chips and the remaining cheese, passing lime wedges and the remaining fresh salsa at the table.
- Make Ahead Tip:** Prepare through Step 1, cover and refrigerate for up to 3 days; reheat slightly before serving.

To cook rice:

1. Bring 1 cup water and ½ cup long-grain brown rice to a boil in a small saucepan.
2. Reduce heat to low, cover, and simmer at the lowest bubble until the water is absorbed and the rice is tender, (about 40 minutes).
3. Remove from the heat and let stand, covered, for 10 minutes. Makes 1½ cups.



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