

Mexican Chopped Salad

A go-to salad on a hot day.



This delicious salad contains apples and tomatoes, both of which are high in antioxidants and fiber. They are also an excellent source of vitamin C, which can protect your eyesight and help prevent heart disease.

Ingredients (Serves 6)

- 1 small head romaine lettuce, cut into ½ inch wide crosswise strips
- 2 medium tomatoes, cored, seeded and diced
- 1 small red onion, chopped
- 1 medium green apple, peeled, cored and diced
- ½ cup frozen, thawed corn kernels
- 1 ½ cups crushed, baked low-fat tortilla chips
- 1 small avocado, peeled, seeded and thinly sliced

Dressing

- 1/3 cup pine nuts
- 1 teaspoon ground cumin
- Salt to taste (optional)
- Freshly ground pepper to taste
- ¼ cup red wine vinegar
- ½ cup extra-virgin olive oil

Directions

Combine the lettuce, tomatoes, onion, apple, corn and tortilla chips in a large bowl. Drizzle with 3 tablespoons dressing. Toss gently but well. Top with avocado slices and serve immediately.

Nutritional information Per serving (with dressing)

Calories 163
Fat 9g
Sodium 75 mg
Carbohydrates 20 g
Fiber 5 g
Protein 3 g

(Adapted from "The Joslin Diabetes Great Chefs Cook Healthy Cookbook," Simon & Schuster, 2002)

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