

# Blue Corn Chip Salad

Source: 21-Day Weight Loss Kickstart by Neal Barnard, MD; recipe by Jason Wyrick of the Vegan Culinary Experience

Blue corn chips are a feast for the eyes and the taste buds.

## About the Recipe

**239 Calories · 10 g Protein · 15 g Fiber**

**Lunch · Snack**

**Gluten-free · Nut-free**

*Double check the blue corn chips to confirm no wheat is added to the ingredients list.*

## Ingredients

**Makes 2 Servings**

- 4 c (180 g) baked blue corn chips, other colored corn chips can be substituted
- 1 small head red-leaf lettuce, torn into bite-sized pieces
- 16 oz (360 g) cooked black beans, rinsed
- 1 c (259 g) salsa
- 3 roasted red peppers, sliced into strips about 2" long by 1/2" thick
- 1 Roma tomato, diced
- 1/4 c (60 mL) green pumpkin seeds

## Directions

1. Place the corn chips on the plates first.
2. Next, add the lettuce.
3. Then, add sliced roasted red peppers.
4. Top it off with the beans, tomatoes, and salsa.

5. Options: If you add green pumpkin seeds, make them the final ingredients you place on the salad. Core Concepts: Baked corn chips make excellent croutons. They are a perfect substitute for the breaded kind that are usually fried in and laden with oil.

## **Nutrition Facts**

*Per serving*

**Calories:** 239

**Protein:** 10 g

**Carbohydrate:** 39 g

**Sugar:** 16 g

**Total fat:** 2 g

**Calories from fat:** 9%

**Fiber:** 15 g

**Sodium:** 340 mg