

## 5-MINUTE SOUTHWEST LAYERED SALAD

Prep Time: 5 minutes      Total time: 5 minutes

Makes: 4 Servings 1½ cups each

### What you need

6 cups torn romaine lettuce  
1 can (15 oz.) black beans, drained, rinsed  
1 can (11 oz.) whole kernel corn, drained  
½ cup thick ‘n chunky salsa  
½ cup 2% reduced fat 3 cheese crumbles  
½ cup light ranch dressing  
1 cup broken baked tortilla chips

### Make it

- 1) Place lettuce on serving platter or in bottom of glass serving bowl
- 2) Cover with layers of beans, corn, salsa and cheese.
- 3) Drizzle with dressing; sprinkle with chips.

### Nutrition Information

Calories	300	Carbohydrate	37g
Dietary Fiber	9g	Fat	9g
Protein	13g	Sodium	760g