



What's On My Plate?

Chopped Salad with Gazpacho Dressing

Ingredients:

1/2 English cucumber

1 cup of grape or cherry tomatoes

1 red or yellow bell pepper (I actually used 1/2 red and 1/2 yellow for more COLOR!)

1/2 red onion, peeled

6 ribs of celery (especially the leafy tops)

1 1/2 cups frozen white corn kernels, defrosted and drained

1 1/2 cups black beans, rinsed and drained

1 tbsp. Red Wine Vinegar

1 small lemon, juiced

1 tsp. Hot Sauce (I used Tapatio) If you want more spice, you can always add it to your dressing after you taste it.

1/2 cup V-8 juice

1 sprinkle garlic salt

1/4 tsp. paprika

1/4 cup Olive oil

1 avocado sliced

Directions:

1. Cut the cucumber, tomatoes, pepper, red onion and celery into bite sized chunks and toss into a big mixing bowl. Add your drained corn and black beans to the bowl.

2. In a small bowl, combine vinegar, hot sauce, V-8, garlic salt and paprika. Whisk around and slowly add the olive oil.

3. Pour the dressing over your salad and toss.

4. Serve with a few slices of avocado on top (You don't want to toss your avo with the salad b/c then it will get all mooshy and you know how I feel about mooshy!)