

# Mexican Salsa Salad Serves 2

## Tangy Salad Dressing

4 T	Lemon juice
4 T	Olive oil (or oil of choice)
1 t	Sugar
1 t	Minced garlic
2 t	Grainy mustard
1 t	Salt
Pinch of	Black pepper



## Method

Put all ingredients together in a screw top jar and shake well.

Store unused dressing in the refrigerator.

## Mexican Salad

1 can (425g)	4-Bean mix, drained
1 can (410g)	Whole kernel corn, drained
1 small	Red onion, finely sliced
3 T	Mint, chopped
3 T	Parsley, chopped
3	Spring onions, thinly sliced
¼	Medium cucumber, diced
2 large	Tomatoes, diced
1	Red pepper, diced
2 T	Sesame seeds, toasted (optional)
1	Avocado, diced (optional)

## Method

Place all ingredients in a bowl. Toss lightly with salad dressing and serve.

This makes a large salad. Place leftovers in a sealed container in fridge.

Delicious for lunch or dinner.

**Tip:** Mexican Salsa Salad goes well with Chilli Con Carne (for recipe see Page 35).