Southwestern Salad
Serves 4-6

Ingredients
- Corn canned (1 16 oz can)
- Black Beans canned (1 16 oz can)
- Cheddar Cheese grated (¼ Cup)
- Romaine Lettuce chopped (½ Cup)
- Iceberg Lettuce chopped (½ Cup)
- Green onion chopped (¼ Cup)
- Quinoa cooked (¼ cup)
- Tomato diced (¼ Cup)
- Lemon or Lime juiced (¼ Cup)

Lemon vinaigrette
  - 1:1 Ratio of lemon to oil; season with salt, pepper

Instructions
1. For 1 cup quinoa, add 2 cups of water, bring to a boil then let simmer for 10 minutes. After 10 minutes turn off use a fork to fluff the grain and let sit, covered for another 5 minutes. This will get your quinoa light and fluffy.
2. Mix ¼ cup freshly squeezed lemon to ¼ cup olive oil, season with salt and pepper.
3. Put all the ingredients in a bowl with your greens as your base, add toppings, and drizzle desired amount of lemon vinaigrette. Toss and serve.

Optional
- Change up your protein with chicken, salmon, tempeh, kidney beans, etc!
- Don’t skimp on the toppings: avocado, tortilla chips, jalapenos, pepitas, sour cream or plain greek yogurt are all great additions here.
- Don’t have tortilla stripes? Toss cut up tortilla, in oil then season with salt and pepper, then bake at 425°F for about 8 - 10 minutes.
- Add the corn raw or toss in a dry pan to give them some char.
- Swap up your greens: try iceberg lettuce, spinach, or kale or a mix.

Budget Tips
- Buying blocks of cheese is usually cheaper than buying bags of shredded cheese.
- Quinoa can be often found in the bulk section of grocery stores for a lower price.
- Keep the bottoms of your green onions, the roots can be planted or placed in a small jar of water and regrown (refresh water every few days).

Notes
★ Quinoa is a whole grain, providing you with fiber, nutrients, and complete protein!
★ Did you know that quinoa, black beans, corn, and tomatoes are all foods indigenous to the Americas?
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