Cumin-lime black bean and avocado salad

A fresh, flavorful Mexican-influenced bean salad served over green leaf lettuce and topped with crumbled baked chips.

PREP TIME: 10 min | COOK TIME: 0 min | SERVINGS: 4 | PER SERVING:

Ingredients ▲ = Power Food
▲ ½ small uncooked red onion(s), thinly sliced
▲ ¼ cup(s) fresh lime juice
▲ 1 Tbsp olive oil
▲ ½ tsp table salt
▲ ½ tsp cumin seeds
▲ 15 oz canned black beans, rinsed and drained
▲ 1 medium avocado, Hass, diced
▲ 1 cup(s) grape tomatoes, halved
▲ 8 cup(s) lettuce, green leaf, roughly torn
▲ 12 baked low-fat tortilla chips, very coarsely crumbled

Instructions

In a large bowl, combine onion, lime juice, oil, salt and cumin seeds; let stand 10 minutes, tossing occasionally, until onion starts to wilt. Add beans, avocado and tomatoes to bowl; gently toss to mix and coat.

Line each of 4 plates with 2 cups of lettuce; top each with ¾ cup of bean salad and 3 crumbled chips.

Yields 1 salad per serving.