

# Southwest Cornbread Salad

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CpommunityTable.com

## Servings: 8

6 tablespoons lime juice  
4 teaspoons sugar  
2 cups plain yogurt  
1/2 cup olive oil  
1 8x8 inch pan cornbread, cut into one-inch cubes  
6 cups Romaine lettuce, chopped  
1 can (15 ounce) black beans, drained and rinsed  
2 avocados, chopped  
2 cups chopped tomato  
1/4 cup toasted pumpkin seeds  
1/4 cup cilantro

In a small bowl, mix the lime juice, sugar, yogurt and oil.

In the bottom of a large glass bowl, scatter the cornbread cubes to cover the bottom.

Layer on top the Romaine hearts, beans, avocado, tomato and the yogurt dressing.

Sprinkle with the pumpkin seeds and cilantro.

Refrigerate at least two hours.

*Scoop to the bottom of the bowl when serving this make-ahead side dish to ensure every layer is enjoyed.*

Per Serving (excluding unknown items): 290 Calories; 17g Fat (50.1% calories from fat); 9g Protein; 28g Carbohydrate; 5g Dietary Fiber; 11mg Cholesterol; 93mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Non-Fat Milk; 3 Fat; 1/2 Other Carbohydrates.

## Salads

### Per Serving Nutritional Analysis

Calories (kcal):	290
% Calories from Fat:	50.1%
% Calories from Carbohydrates:	37.6%
% Calories from Protein:	12.3%
Total Fat (g):	17g
Saturated Fat (g):	3g
Monounsaturated Fat (g):	11g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	11mg
Carbohydrate (g):	28g

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	.2mcg
Thiamin B1 (mg):	.3mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	182mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	n n%

### Food Exchanges

Dietary Fiber (g): 5g  
 Protein (g): 9g  
 Sodium (mg): 93mg  
 Potassium (mg): 741mg  
 Calcium (mg): 154mg  
 Iron (mg): 3mg  
 Zinc (mg): 1mg  
 Vitamin C (mg): 28mg  
 Vitamin A (i.u.): 1651IU  
 Vitamin A (r.e.): 182 1/2RE

Grain (Starch): 1 1/2  
 Lean Meat: 1/2  
 Vegetable: 1/2  
 Fruit: 0  
 Non-Fat Milk: 0  
 Fat: 3  
 Other Carbohydrates: 1/2

## Nutrition Facts

Servings per Recipe: 8

### Amount Per Serving

**Calories** 290      **Calories from Fat:** 145

### % Daily Values\*

<b>Total Fat</b>	17g	26%
Saturated Fat	3g	17%
<b>Cholesterol</b>	11mg	4%
<b>Sodium</b>	93mg	4%
<b>Total Carbohydrates</b>	28g	9%
Dietary Fiber	5g	20%
<b>Protein</b>	9g	

<b>Vitamin A</b>	33%
<b>Vitamin C</b>	46%
<b>Calcium</b>	15%
<b>Iron</b>	14%

\* Percent Daily Values are based on a 2000 calorie diet.