

SALADS

Fiesta Salad

Makes about 10 servings · ~2 cups each

SATIETY SCORE

● ● ● ● ○ 4 / 5

NUTRITION

HIGH

Per serving (approx.): Protein 6 g · Fiber 5 g · Calories 180

Ingredients

- Salad: 1 head iceberg lettuce, torn into small pieces
- Salad: 1 bunch romaine lettuce, torn into small pieces
- Salad: 5 or more Roma tomatoes, seeded and chopped
- Salad: 1 bunch green onion, chopped
- Salad: 1 medium jicama, peeled and julienned
- Salad: 1 small can whole-kernel corn, drained
- Salad: 1 can black beans, drained
- Salad: ½–¾ cup red pepper, chopped
- Salad: ½–¾ cup green pepper, chopped
- Salad: 1 cup shredded cheese (sharp cheddar, Mexican mix, or mild cheddar)
- Dressing: 1–1½ cups ranch dressing
- Dressing: 1 can (4 oz) chopped green chilies
- Dressing: ½ tsp hot pepper sauce
- Dressing: 1 Tbsp ketchup

Directions

1. Combine the lettuces in a large bowl and top with the tomato, green onion, jicama, corn, black beans, peppers, and cheese.
2. Mix the dressing ingredients and refrigerate several hours.
3. Add the dressing just before serving and toss well.

Note: A homemade or lighter dressing works well here too — see the NuStart dressings guide.

Ingredient tip: When a recipe uses a packaged or processed food, choose a version with five or fewer ingredients on the label.

Adapted from the Body for God Cookbook by Lisa Young.

Rating based on the NuStart Satiety & Nutrient Food Guide. Per-serving values are approximate and vary with brand, variety, and preparation.

GROCERY LIST

Fiesta Salad

Makes about 10 servings · ~2 cups each

Check off what you need — items are grouped by store section.

PRODUCE

- ☐ 1 head iceberg lettuce, torn into small pieces
- ☐ 1 bunch romaine lettuce, torn into small pieces
- ☐ 5 or more Roma tomatoes
- ☐ 1 bunch green onion
- ☐ 1 medium jicama
- ☐ ½–¾ cup red pepper
- ☐ 1 green bell pepper (about ¾ cup chopped)

DAIRY & EGGS

- ☐ 1 cup cheese (sharp cheddar, Mexican mix, or mild cheddar)

PANTRY & DRY GOODS

- ☐ 1 small can whole-kernel corn
- ☐ 1 can black beans
- ☐ 1–1½ cups ranch dressing
- ☐ 1 can (4 oz) green chilies
- ☐ ½ tsp hot pepper sauce
- ☐ 1 Tbsp ketchup