



## ***Baja Chopped Salad***

### **Ingredients**

8 cups shredded romaine lettuce  
1 avocado, diced  
1 (15 oz) can low sodium black beans  
2 cups seedless cucumber, diced  
1 small red onion, diced  
1 cup Dannon® Light & Fit® Plain Greek Nonfat yogurt  
1/4 cup cilantro  
1 tsp ground cumin  
1 tsp smoked paprika  
juice and zest of 1 lime

### **Preparation**

In a bowl, combine the lettuce, avocado, beans, cucumber, and onion, and set aside

In another bowl, blend together the Dannon® Light & Fit® Plain Greek Nonfat yogurt, cilantro, spices, lime zest, and lime juice to make the dressing

Toss the dressing with the vegetables and serve.

### **Nutrition:**

Calories: 215  
Sodium: 50 mg  
Total Fat: 6 g  
Saturated Fat: 1 g  
Carbohydrates: 29 g  
Protein: 14 g