

Tex-Mex Salad/Burrito/Bowl

Prep **Cook** **Total**
15 min 15 min 30 min

Serving: 4

I like to set this up as a tex-mex bar and let my family or guest create whatever they desire. Ingredients can all go over greens, be wrapped in a tortilla, or be placed in a bowl (if you decide to make those). It can be as simple or sophisticated as you wish.

Ingredients

4 **flour tortillas**

4 c **romaine lettuce** *chopped*

1 can **black beans**

1 c **frozen corn**

1 each **red and orange pepper** *chopped*

1 **red or yellow onion** *sauteed*

1 can **black olives** *drained*

1 carton **grape tomatoes** *halved*

Salt & pepper

salsa

guacamole

Directions

To make tortilla bowls:

1. Preheat the oven to 400 degrees.
2. Microwave tortillas to soften, if necessary. Place two oven safe glass bowls upside down on a baking sheet. Put a piece of parchment paper over the bowl and then put the tortilla on top of the paper. Gently press the tortillas around the bowls. Bake for 8-10 minutes, check and bake an additional 5-7 minutes if necessary until tortilla is golden brown.
3. Remove the tortillas from oven. While they are cooling, warm up the black beans and corn in the microwave or on the stove.
4. Start to prepare the bowl by placing the tortilla shells in their serving dishes. First, add lettuce, then black beans, corn, red pepper and orange pepper, black olives, grape tomatoes. Top with salsa and guacamole.
5. Enjoy!!



PLAN → EAT