

Southwest Salad

By Joy Shull • Jan 09, 2023 (Updated Jul 13, 2024) • Rating: 4.49 from 29 votes

Overview

Crunchy, creamy, and fresh: chopped romaine with black beans, sweet corn, bell pepper, red onion, and cherry tomatoes, finished with crispy tortilla strips and a bold homemade chipotle ranch dressing.

At a Glance

Yield	5 servings
Prep Time	20 minutes
Total Time	20 minutes
Method	No-cook assembly (dressing blended)

Ingredients

Salad

- 3 hearts romaine, sliced
- 10 oz cherry tomatoes, halved
- 1 bell pepper, chopped into large chunks
- $\frac{1}{2}$ red onion, thinly sliced
- 2 ears corn, kernels cut from the cob (*or about 2 cups thawed frozen*)
- 15 oz can black beans, drained and rinsed

For Serving / Toppings

- Avocado slices
- Tortilla strips

Chipotle Ranch Dressing

- 8 oz sour cream
- $\frac{3}{4}$ cup mayonnaise
- 3 chipotle peppers in adobo sauce
- $1\frac{1}{2}$ teaspoons garlic powder
- 1 teaspoon onion powder
- 1 teaspoon dried dill
- $\frac{1}{4}$ teaspoon salt
- $1\frac{1}{2}$ tablespoons lime juice

Equipment

Large salad bowl; cutting board; knife; blender or food processor (for dressing).

Instructions

1. **Prep vegetables.** Chop romaine. Halve cherry tomatoes. Chop bell pepper. Thinly slice red onion. Cut corn kernels from the cobs.
2. **Beans.** Drain and rinse black beans.
3. **Blend dressing.** In a blender or food processor, combine sour cream, mayonnaise, chipotle peppers, garlic powder, onion powder, dill, salt, and lime juice. Blend until smooth and creamy. Taste and adjust salt or lime as desired.¹
4. **Assemble.** In a large bowl, layer romaine, black beans, corn, tomatoes, bell pepper, and red onion. Drizzle with chipotle ranch to taste and toss gently.
5. **Serve.** Top with tortilla strips and avocado slices. Add extra dressing at the table.

Make-Ahead & Storage

- **Meal prep:** Store components separately (romaine, beans, corn, onion, pepper) in airtight containers up to several days. Cut tomatoes and avocado just before serving.
- **Dressing:** Refrigerate in a jar with a tight lid up to 1 week; shake before using.

Joy's Tips

- Prep the beans, corn, onion, lettuce, and bell pepper ahead and refrigerate in individual bags or containers.
- Dress to taste at serving to keep the salad crisp across multiple meals.

Nutrition (Approximate, per serving; 5 servings)

Calories	529 kcal
Carbohydrates	42 g (Fiber 12 g; Sugar 8 g)
Protein	12 g
Fat	36 g (Saturated 9 g; Polyunsat. 16 g; Monounsat. 8 g; Trans 0.1 g)
Cholesterol	41 mg
Sodium	384 mg
Potassium	840 mg
Vitamin A	7,309 IU
Vitamin C	51 mg
Calcium	108 mg
Iron	4 mg

Variation: add grilled chicken, tofu, or seasoned taco meat for extra protein.

¹For a milder dressing, start with 1–2 chipotle peppers and add more to taste.