



Southwest Salad

2-4 cups chopped romaine lettuce or leafy green of choice
1 serving red quinoa cooked and chilled (1/4 cup dry)
1/2 cup organic black beans, canned
1/2 cup corn
1/2 cup red pepper, chopped
1 small tomato, chopped
2 Tbsp red onion, diced

Put all of the salad ingredients in a bowl, top with Walden Farms Chipotle Ranch dressing (www.waldenfarms.com) and enjoy. Makes 3 servings.

Nutrition information per serving (includes 4 tbsp. Walden Farms dressing): 150 calories, 7 grams protein, 2 grams fat, 30 grams carbohydrate, 348 mg sodium.

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