

Layered Taco Salad

- 2 ripe avocados, peeled and pitted
- ½ cup minced cilantro
- ½ cup mayonnaise
- ¼ cup buttermilk
- 2 tablespoons fresh lime juice
- 2 teaspoons hot sauce
- ½ teaspoon sugar
- ¼ teaspoon salt
- 1 (10-ounce) bag torn hearts of romaine lettuce
- 2 cups chopped cooked chicken
- 1 (16-ounce) container sour cream
- 1 (15.5-ounce) can chili beans, drained
- 1 (15.25-ounce) can yellow corn, drained
- 1 (15-ounce) can yellow corn, drained
- 1 (15-ounce) can black beans, drained and rinsed
- 1 (14.5-ounce) can diced fire-roasted tomatoes, drained
- 1 (8-ounce) package Mexican cheese blend
- ½ cup minced green onion
- Garnish: crushed tortilla chips



In the bowl of a food processor, combine avocado, cilantro, mayonnaise, buttermilk, lime juice, hot sauce, sugar, and salt. Process until mixture is smooth. Cover and refrigerate up to 8 hours.

In a large serving bowl, layer lettuce chicken, sour cream, chili beans, corn, black beans, tomatoes, cheese, and green onion. Spread avocado dressing evenly over top layer. Cover and refrigerate for up to 8 hours before serving. When ready to serve, garnish with tortilla chips, if desired.

Servings: 8-10

Flourishing at Home with Jan Hart