

Quick Tex-Mex Salad

This recipe is adapted from a higher fat recipe and my family loves it.

4 cups	torn Romaine lettuce
1 pound (16 ounces)	drained cooked chick-peas
2 medium	tomatoes, chopped
1 cup	sliced mushrooms
20 small	pitted black olives, sliced
1/4 cup	reduced fat Catalina dressing
1 small	jalapeno pepper, diced (optional)
1 1/2 ounces	shredded reduced-fat cheddar cheese
1 ounce	corn chips

In a large bowl, combine ingredients except corn chips, tossing well to coat with dressing. Transfer to large serving tray; surround with corn chips.

Servings: 4

Nutrition Facts

Serving size: 1 serving

Percent daily values based on a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving	
Calories	281.80
Calories From Fat (29%)	82.62
% Daily Value	
Total Fat 9.44g	15%
Saturated Fat 1.50g	8%
Cholesterol 2.39mg	1%
Sodium 784.17mg	33%
Potassium 655.25mg	19%
Carbohydrates 40.14g	13%
Dietary Fiber 9.11g	36%
Sugar 4.40g	
Sugar Alcohols 0.00g	
Net Carbohydrates 31.03g	
Protein 11.40g	23%

Ingredient Links

In order to calculate nutrition information for a recipe using its ingredients the recipe ingredients need to be linked to the ingredients in the ingredient database. The table below shows how the recipe ingredients are currently linked.

Recipe Ingredient	Linked To
4 cups torn Romaine lettuce	4 x 1 cup of Lettuce, cos or romaine, raw
1 pound (16 ounces) drained cooked chick-peas	2 x 1 cup of Chickpeas (garbanzo beans, bengal gram), mature seeds, canned
2 medium tomatoes, chopped	2 x 1 cup, chopped or sliced of Tomatoes, red, ripe, raw, year round average
1 cup sliced mushrooms	1 x 1 cup, pieces or slices of Mushrooms, raw
20 small pitted black olives, sliced	20 x 1 olive of Olives, black
1/4 cup reduced fat Catalina dressing	2 x 2 tablespoons of Salad dressing, KRAFT LIGHT DONE RIGHT! Italian Dressing
1 small jalapeno pepper, diced (optional)	1 x 1 pepper of Peppers, jalapeno, raw
1 1/2 ounces shredded reduced-fat cheddar cheese	1.50 x 1 oz of Cheese, low fat, cheddar or colby
1 ounce corn chips	1 x 1 oz of Snacks, corn-based, extruded, chips, plain

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