



**GREEN
CHEF**

BLACK BEAN TACO SALAD

guacamole, cheddar, bell pepper, toasted pepitas

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

900

MENU

VEGETARIAN // GLUTEN-FREE

A really great salad is hard to come by. Luckily, our chefs are salad experts. They took all of the best taco fillings and turned them into a flavor-packed veggie feast. There are layers of crisp lettuce, spice-roasted corn and black beans, fresh tomato and scallion, plus sharp cheddar, creamy guac, and crunchy toasted pepitas. (Whew—yes, all of that!) It's all tossed together with a creamy cilantro lime dressing that'll keep you coming back for more.



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.



Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Safe Spot Program.

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

INGREDIENTS (12 ITEMS)

13¼ oz **Black beans**
1 unit **Green bell pepper**
5¼ oz **Romaine lettuce**
1 whole **Roma tomato**
1 whole **Scallion**
2¾ oz **Corn**
1¾ tsp **Chili, cumin & paprika blend**
½ oz **Pepitas**
1 oz **Sour cream** M
1¾ oz **Cilantro, lime & agave dressing**
1 oz **Sharp cheddar cheese** M
4 oz **Guacamole**

WHAT YOU'LL NEED

small sauté pan
baking sheet
mixing bowls
measuring spoons
whisk
strainer
oven mitt
cooking & olive oils
salt & pepper

ALLERGENS

M MILK

Wash and dry fresh produce. Go to [greenchef.com/faq](https://www.greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1

PREP

- Preheat oven to 400 degrees.
- Strain and rinse **black beans**.
- Cut **green bell pepper*** lengthwise into strips, about ¼ inch thick. Halve strips widthwise.
- Halve **romaine lettuce** lengthwise. Lay flat and slice across into ribbons, about ¼ inch wide; discard root end.
- Small dice **Roma tomato** into pieces, about ¼ inch each.
- Trim and thinly slice **scallion**.

**The ingredient you received may be a different color.*

COOKING FOR
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

2

ROAST BEANS & VEGGIES

- Place **beans**, **bell pepper**, and **corn** in a large bowl. Drizzle with about 1-2 tablespoons cooking oil. Season with **chili, cumin, and paprika blend**, about ¼ teaspoon salt, and a pinch of pepper. Stir to combine.
- Spread **beans and veggies** out in a single layer on a lightly oiled, foil-lined baking sheet. (Reserve bowl.) Roast 12-15 minutes, or until veggies are fork-tender and lightly browned, stirring halfway through.
- Remove from oven. Let cool at least 5 minutes.

3

TOAST PEPITAS

- Place **pepitas** in a dry, small sauté pan over medium heat. Toast 2-3 minutes, or until fragrant, shaking pan frequently.
- Transfer **pepitas** to a plate.

4

MAKE DRESSING

- Place **sour cream** in a small bowl. Add **cilantro, lime, and agave dressing** and about 1 tablespoon cooking oil. Whisk to combine. Season with salt and pepper to taste.

5

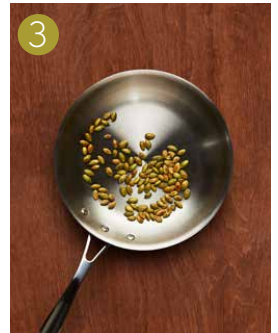
MAKE SALAD

- Place **lettuce**, about half the **tomato**, and about half the **scallion** in bowl used for seasoning beans and veggies. Transfer about half the **beans and veggies** to bowl. Drizzle with about 1½ tablespoons olive oil. Toss to combine. Season with salt and pepper to taste.

6

PLATE YOUR DISH

- Divide **salad** between bowls. Top with remaining **roasted beans and veggies**. Drizzle with **dressing** to taste. Garnish with **toasted pepitas, sharp cheddar cheese, guacamole**, remaining **tomato**, and remaining **scallion**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (595g)

Amount per serving

Calories **900**

	% Daily Value*
Total Fat 59g	76%
Saturated Fat 12g	60%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 1080mg	47%
Total Carbohydrate 67g	24%
Dietary Fiber 21g	75%
Total Sugars 14g	
Includes 2g Added Sugars	4%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 308mg	25%
Iron 7mg	40%
Potassium 1755mg	35%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

All ingredients in this recipe:

Black Beans [organic black beans, water, sea salt, calcium chloride (firming agent)], **Romaine Lettuce**, **Corn** [corn], **Roma Tomatoes**, **Bell Peppers**, **Scallions**, **Guacamole** [hass avocados, distilled vinegar, contains 2% or less of water, jalapeño peppers, salt, dehydrated onion, granulated garlic.], **Sharp Cheddar Cheese** [part-skim milk, cheese cultures, salt, enzymes, annatto, anti caking agent (potato starch powdered cellulose, natamycin)], **Pepitas** [pumpkin seed kernels], **Sour Cream** [cultured cream], **Cilantro-Lime Vinaigrette** (Lime Juice [lime], Ground Cumin, Granulated Garlic, Sea Salt, Black Pepper, Agave [organic agave syrup], Cilantro, Olive Oil [olive oil]), **Chili, Cumin & Paprika Blend** (Smoked Paprika, Sweet Paprika, Ground Cumin, Dried Oregano, Ground Coriander, Granulated Garlic, Chili Powder [chili pepper, paprika, oregano, cumin, garlic, salt, spices])

Allergen information:

Contains Milk

Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.

Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.