

Taco Salad

Any greens, mostly romaine, and/or red cabbage, baby spinach, fine kale
Black beans, kidney beans or pinto beans
Taco Seasoning
Chopped tomatoes
Red onion
Red bell pepper and shredded carrot if you like
Black olives
Chopped avocado
Tortilla chips
Salsa

Put the lettuces and veggies in a bowl. Toss with dressing. Crunch a few corn chips on top.

Homemade dressing: nondairy milk (unsweetened almond or soy), taco seasoning and any other seasonings you have such as garlic powder, chipotle, cumin. Then add some nice salsa and shake it up for a really delicious fat-free dressing. You can always just use salsa as a dressing as well. If you like Ranch on your taco salad, you can find a healthy recipe for it at fatfreevegan.com. You can also mix up this salad using lots of beans and roll it up in a wrap.

Layered Bean Dip

Take this to your next potluck or family gathering. You don't even have to mention that it has no meat or dairy.

For this you need the Taco Salad ingredients above, but use refried beans rather than the whole beans. Be sure to get fat-free refried beans and make sure they are vegetarian. Trader Joe's has a great one that is nothing but beans.

Empty the refried beans into a bowl. Add a little unsweetened non-dairy milk to the beans and stir to make them a little creamy. Add taco seasonings to taste. You can keep the leftovers in the fridge for putting together a really quick wrap later.

Spread the seasoned, refried beans on a plate or shallow dish, then add avocado (diced or guac), then a good thick salsa which keeps the avocados from turning brown, then finely shredded romaine, then tomatoes (drier ones like roma/grape), red onion, red bell pepper, & black olives. Serve with chips, pitas or fresh English cucumber slices or carrot sticks. Any leftovers can just go right into a wrap.