

make this yummy salad for your memorial day bbq!

May 21, 2013 at 11:56:00 AM by [Macey Hall](#)

Heading to a [Memorial Day](#) barbecue this weekend? Bring this easy-to-make Fiesta Veggie Salad with you!

This [healthy](#) (and colorful!) dish, from nutritionist [Franci Cohen](#), packs major flavor and will be a huge hit.

Salad ingredients:

1 can black beans, rinsed and drained
4 ears fresh corn on the cob, cooked and shucked
1 red onion, diced
2 jalapeño peppers, seeded and finely chopped
2 hass avocado, cubed
1 red bell pepper, finely diced
1 yellow bell pepper, finely diced
1/2 cup cilantro, finely chopped
2 cups mesculin greens

Dressing ingredients:

1/4 cup low-fat mayonnaise
1/4 cup water
2 tablespoon Dijon mustard
2 tablespoon balsamic vinegar
1 tablespoon finely minced thyme
salt and pepper to taste

Directions:

1. Mix all salad ingredients together
2. Whisk dressing ingredients together until well-blended.
3. Pour dressing on salad and serve on a bed of mesculin greens!

