

## Recipe

### Vegetable Bowl with Yogurt-Lime Dressing

## By

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## Ingredients

- Salad:
- 2 cups of cooked black beans, drained
- 1 cup chopped tomatoes, seeded
- 1 large avocado, cut into big chunks
- 8 large cabbage leaves or romaine lettuce
- 4 to 8 lime wedges
- Garnish with some fresh herbs (basil, mint or parley leaves)
  
- Yogurt-lime dressing:
- ½ cup plain low-fat yogurt
- 2 tbsp lime juice
- ½ tbsp soy sauce
- 1 tsp chili powder
- Dash of hing
- ¼ tsp salt
- ½ tsp pepper

## Preparation

1. Divide beans, tomatoes, and avocado among cabbage/lettuce leaves. Sprinkle with some fresh herbs. Pass yogurt-lime dressing and lime wedges.
2. \*Another easy salad recipe to try. You may add all kinds of vegetables (i.e., sweet potato, baby spinach, chick peas, nuts, green beans, radish...).

## Serves

4 servings

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