



GLASSES
GOES
GLUTEN
FREE



SOUTHWEST CUCUMBER SALAD

LIGHT, GLUTEN-FREE SALAD TO ACCOMPANY ANY COOK-OUT

YOU WILL NEED:

- 3 cucumbers, diced (optional: peeled)
- ½ cup black bean, drained and rinsed
- ½ cup sweet corn
- 1 orange pepper, diced (you can use any sweet pepper, but orange adds another color to the dish)
- 1 tomato, diced
- ¼ cup minced red onion
- ½ cup Honey Chipotle Dressing - recipe from an earlier blog post
- 4 ounces queso fresco, crumbed
- 1 avocado, diced (optional)

- 1 Mix together cucumber, black bean, corn, pepper, tomato, red onion, and dressing in large bowl. Refrigerate for at least 2 hours before serving to allow flavors to develop.
- 2 Give a good stir before serving and top with queso fresco crumbles and avocado!