



Preparation Time: 5 min, Cooking Time: -



Chicken or Kidney Beans

Lettuce

Tomatoes

Green Onions

Onions

Black Beans

Red Cabbage

Corn

Dressing

Tortilla strips

METHOD

- 1. Open all canned items, place in colander, rinse with tap water and allow to drain well
- 2. In a large bowl, combine all ingredients including well drained corn and beans.
- 3. Shake the dressing to combine then add to the bowl.
- 4. Toss to coat well then serve immediately.