



## Mountain Momma's Anasazi Tropical Summer Salad

### Ingredients:

#### MMO Anasazi Bean Soup Kit

#### Lime Cilantro Dressing

- 1 jalapeno, coarsely chopped
- 3 garlic cloves
- 1 tsp minced ginger root
- 2 tsp lime zest
- ½ cup fresh lime juice
- 1/3 c honey
- 2 tsp balsamic vinegar
- ¾ c packed cilantro leaves
- ½ cup extra virgin olive oil



#### Salad Mix

- 2 mangos, chopped
- 1 orange peeled and chopped
- 2 avocados chopped
- ½ tsp black pepper
- ½ tsp cumin



Healthy Food to Fool Good About



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### Directions

1. Prepare Anasazi Soup Kit using package instructions. Soak beans for 24 hours. Use 8 cups of fresh water (not 10) with added seasoning packet. Cook until seasoned beans are just soft. Do not overcook beans! Simmer uncovered to boil off excess liquid until beans are slightly moist. Stir often but gently to avoid smashing beans. Cool seasoned beans.
2. Prepare Lime Cilantro Dressing: In food processor or blender, pulse jalapeno, clove, and ginger until finely chopped. Add lime zest, lime juice, honey, vinegar, and cilantro. Pulse to blend. Turn food processor or blender on slow and drizzle in olive oil. Add salt and pepper to taste.
3. To cool beans add mango, orange, avocado, black pepper, cumin and lime cilantro dressing mix. Mix gently. Taste, add more salt if desired. Chill your Anasazi Tropical Summer Salad. Enjoy!