



# TORTILLA SALAD BOWL WITH EDIBLE SHELL

TIME: 25 MIN

SERVES: 4

Salatschwester | Your Salad Bestie 

## INGREDIENTS

### TORTILLA BOWL:

- 2 large wraps (e.g., flour tortillas)
- 1 tsp oil (e.g., canola oil)

### SALAD DRESSING:

- 1 garlic clove
- 1½ tbsp oil (e.g., canola oil)
- 1 tbsp lime juice
- 1 tbsp agave syrup
- 5 tbsp yogurt (e.g., soy yogurt)
- ¼ tsp salt
- Black pepper to taste

### OTHER INGREDIENTS:

- 1 Romaine lettuce heart
- 1 handful cherry tomatoes
- 1 small onion
- 3 tbsp canned kidney beans
- 3 tbsp canned corn
- 2 sprigs parsley (fresh or dried)

## DIRECTIONS

### TORTILLA BOWL:

1. Preheat the oven to 400°F (200°C) top and bottom heat.
2. Lightly brush an oven-safe bowl with oil. Place a tortilla inside, pressing it gently so it takes the shape of the bowl. Bake for about 12 to 15 minutes until golden brown.
3. Let it cool in the bowl or on a wire rack. Repeat the process for the second tortilla. Meanwhile, prepare the remaining ingredients.

### PREPARING THE SALAD DRESSING:

1. Peel and finely grate the garlic.
2. Mix garlic, oil, lime juice, agave syrup, yogurt, salt, and pepper to create the dressing. Store in the refrigerator to chill.

### PREPPING THE OTHER INGREDIENTS:

1. Wash the romaine lettuce, remove the core, and cut it into strips.
2. Wash the cherry tomatoes and cut them in half or quarters.
3. Drain the kidney beans and corn using a sieve.
4. Peel and finely chop the onion or slice it into rings.
5. Wash, pat dry, and finely chop the parsley.

### ASSEMBLING THE TORTILLA BOWL SALAD:

1. Combine the lettuce, tomatoes, kidney beans, corn, and onion in a bowl. Evenly distribute the mixed salad into the crispy tortilla bowls.
2. Just before serving, drizzle with salad dressing and top with fresh parsley.

## Notes

- Keep in mind that the salad will soften the tortilla bowls over time. To prevent this, place a plate underneath.
- The tortilla bowls stay fresh for about two days, so you can prepare them in advance.
- Store the salad and dressing separately in the fridge and fill the tortilla bowls just before serving.