Southwestern Chopped Salad

Salad Ingredients:

Large head of romaine, Chiffonade   
1 cup canned black beans, rinsed and drained

1/4 of a cucumber, seeded and small diced  
1 large orange bell pepper, small diced  
1 tomato, seeded and small diced

4 oz. cheddar cheese, small diced  
1 cup corn (I used frozen, thawed)

1/4 of a white onion, small diced  
2 green onions  
Optional: avocado

Salad Dressing Ingredients:

1/4 cup minced cilantro  
1/2 cup sour cream

2 Tbsp. of mayonnaise   
2 Tbsp. lime juice  
2 garlic cloves, minced  
salt and pepper to taste

For the salad: Chop all of the ingredients as directed and toss to combine.

For the dressing: Combine all the ingredients and thin with water or milk if necessary. Toss the dressing with the salad and serve.