

Recipes and Tips



No-Cook Nacho Salad

4 servings

1 pound tomatoes, roughly chopped into 1-inch chunks
½ small red onion, finely diced
1 garlic clove, finely chopped
1 tablespoon red or white wine vinegar
Salt and pepper
1 can kidney beans, rinsed
1 can black beans, rinsed
1 bell pepper, roughly chopped
1 teaspoon ground cumin
1 teaspoon ground coriander
1 teaspoon smoked paprika
1 teaspoon dried oregano
½ to 1 jalapeño, chopped
¼ cup extra-virgin olive oil, or more as needed
1 lime, quartered
Any combination of tortilla chips, sour cream/yogurt, avocado/guacamole and cheese (such as grated cheddar or crumbled feta), for serving

Place the tomatoes, red onion, garlic, vinegar and 1 teaspoon salt in a bowl and toss to combine. Leave to marinate for 5 to 10 minutes. Using your hands, squeeze the tomatoes to crush them roughly, extracting juice and softening them.

To the tomatoes, add both types of beans, the bell pepper, cumin, coriander, smoked paprika, oregano, jalapeño and ¼ cup olive oil; toss to combine. Taste and season with salt and pepper and more olive oil, if you like.

Divide the salad among four serving bowls. Serve with lime wedges on the side, and top with desired toppings.