



SEAFOOD TACO SALAD

- 2 cans **Crown Prince Natural Skinless & Boneless Pink Salmon**, drained and flaked
- 1 can **Crown Prince Natural Lump White Crab Meat**, drained and rinsed
- 1 envelope taco seasoning, divided in half
- 3 flour tortillas, halved and cut into thin strips
- 3 tablespoons olive oil
- 16 ounces mixed salad greens
- 1 medium tomato, chopped
- 1 15 ounce can black beans, drained and rinsed
- 2 cups shredded Mexican cheese blend
(cheddar and Monterey jack)



Dressing:

- 1/2 cup olive oil
- 1 small onion, finely chopped
- 4 tablespoons red wine vinegar
- 2 tablespoons minced red bell pepper
- 6 cloves garlic, minced
- 1/2 teaspoon ground coriander
- 1/4 teaspoon sugar

Combine the salmon, crab and 1/2 envelope taco seasoning in a small bowl; mix well and set aside. In another bowl, combine dressing ingredients; mix well and set aside.

In a skillet, stir-fry tortilla strips in oil and drain on paper towels when done. Sprinkle with remaining taco seasoning while strips are still hot.

In a large bowl, combine the salad greens, tomato, beans, seafood mixture, cheese and tortilla strips. Drizzle with dressing and toss together. *Serves 8.*

Per Serving: 400 Calories (251 Calories from Fat), 29g Fat, 18g Protein, 20g Carbohydrate, 46mg Cholesterol, 860mg Sodium