

Vegan Taco Salad with Creamy Cashew Dressing

Prep Time 20 mins
Total Time 50 mins
Meal Type Lunch,Dinner
Contributed By



Source Adapted from [Dietitian Debbie, RD](#)

Servings 4



For the Dressing

Ingredients

lb,c g,ml

- 1/2 cup cashews, raw
- 1/2 cup water
- 1/4 cup olive oil
- 1 Tbs taco seasoning
- 1 Tbs red wine vinegar
- 2 Tbs cilantro, fresh
- 1/2 lime, *juiced*
- salt, *to taste*
- black pepper, *to taste*

Directions

Prep

1. Juice the lime.
2. Wash and pat dry the cilantro.

For the Salad

Ingredients

lb,c g,ml

- 1/2 bunch lacinato kale
- 1 medium sweet potatoes
- 1 Tbs olive oil
- 1 ears corn on the cob
- 1/2 avocado, *sliced*
- 1 cup cherry tomatoes, *halved*
- 1 red onion, *chopped (for 2 Tbs)*
- 5 radishes, *thinly sliced*
- 1/2 cucumber, *sliced and quartered*
- 1/2 (15 oz.) can black beans, *drained and rinsed*
- cilantro, *to garnish*

Directions

Prep

1. Wash sweet potatoes.
2. Chop the bell pepper and onion.
3. Slice the avocado.
4. Cut the cherry tomatoes in half.
5. Thinly slice the radish
6. Slice and quarter the cucumber.
7. Drain and rinse the canned black beans.

Make

1. Preheat oven to 375°F. Add sweet potatoes to a baking sheet and drizzle with olive oil. Toss to coat and sprinkle with salt and pepper. Bake for 35-45 minutes or until edges are dark brown/golden and potatoes are softened.
2. Turn on the broiler setting and spray corn with cooking oil. Lay on a baking sheet and broil over high heat, rotating every 1-2 minutes until corn is charred.
3. To make the dressing, add all the dressing ingredients into a high powered blender and puree until smooth.
4. Remove the stems from the kale and chop into thin strips. Add to a large mixing bowl and drizzle with 1/2 tablespoon olive oil and a bit of salt. Massage well until kale leaves start to soften.

5. To assemble, divide ingredients evenly between 4-5 large plates for meal sized servings OR toss everything together in a large mixing bowl.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
Calories	468	Total Fat 29.2g	44%	Total Carbohydrates 45g	14%	
per serving		Saturated Fat 4.6g	22%	Dietary Fiber 13g	50%	
		Trans Fat 0.0g		Total Sugars 5g		
		Cholesterol 0mg	0%	Protein 12g		
		Sodium 702mg	30%			
		Vitamin D 0mcg 0% · Calcium 80mg 8% · Iron 4mg 23% · Potassium 953mg 20%				

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