**VEGETARIAN TACO SALAD**  
**(GLUTEN FREE)**

2 T. extra virgin olive oil  
1 large onion, chopped  
1 1/2 C. fresh corn kernels (see tip), or frozen, thawed  
4 large tomatoes  
1 1/2 C. cooked long grain brown rice (see tip)  
1-15 oz. can black, kidney or pinto beans, rinsed  
1 T. chili powder  
1 1/2 tsp. dried oregano, divided  
1/4 tsp. salt  
1/2 C. chopped fresh cilantro  
1/3 C. prepared salsa  
2 C. shredded iceberg or romaine lettuce  
1 C. shredded pepper-jack cheese  
2 1/2 C. coarsely crumbled tortilla chips  
Lime wedges for garnish

Heat oil in a large nonstick skillet over medium heat. Add onion and corn; cook, stirring until the onion begins to brown, about 5 minutes. Coarsely chop 1 tomato. Add it to the pan along with rice, beans, chili powder, 1 teaspoon oregano and 1/4 teaspoon salt. Cook, stirring frequently, until the tomato cooks down, about 5 minutes. Let cool slightly. Coarsely chop the remaining 3 tomatoes. Combine with cilantro, salsa and the remaining 1/2 teaspoon oregano in a medium bowl. Toss lettuce in a large bowl with the bean mixture, half the fresh salsa, and 2/3 cup cheese. Serve sprinkled with tortilla chips and the remaining cheese, passing lime wedges and the remaining fresh salsa at the table.

**Make Ahead Tip:** Prepare through step 1, cover and refrigerate for up to three days; reheat slightly before serving.

**Kitchen Tips:** To remove corn kernels from the cob, stand an ear of corn on its stem end and slice the kernels off with a sharp knife.

To cook rice: Bring 1 cup water and 1/2 cup long grain brown rice to a boil in a small saucepan. Reduce heat to low, cover and simmer at the lowest bubble until the water is absorbed and the rice is tender, about 40 minutes. Remove from the heat and let stand covered for 10 minutes. Makes 1 1/2 cups.