# Taco Salad

1 Handful of Salad Greens

1 can Beans of choice (Eden Brand)

1 Tomato diced

A couple dollops of Hummus (Wild Garden brand), traditional or jalapeno

A couple dollops of Salsa (Muir Glen brand)

1 Avocado or Guacamole (Wholly brand)

Optional

1 pkg frozen Corn thawed

Carrots, Celery, Onions

Sauted Mushrooms

Sauted Jackfruit (seasoned with chili powder)

Layer the above ingredients.