

**Tortilla Cup Salad**  
**Imran Mihas, 4<sup>th</sup> Grade**  
**Maire Elementary School**  
**Grosse Pointe School District**



**Recipe Ingredients:**

- 1 Can (15oz.) Garbanzo Beans
- 1 Can (15 oz.) Black Beans
- ½ Can (8oz) Corn
- **1 Diced Cucumber**
- **1 Peeled and Diced Mango**
- **1 Seeded and Diced Tomato**
- **1 Cup Sliced Grilled Chicken**
- **Handful Chopped Cilantro**
- 6 Tortilla Cups
- Mexican Cheese Blend (Optional)

**Dressing:**

- 3 Tbsp. Lemon Juice
- ¼ Cup Olive Oil
- 1 Tbsp. Honey
- 1 Garlic Clove – Minced
- 1 Pinch Cumin Powder
- Salt and Pepper



**Preparation Method:**

1. Whisk the lemon juice, olive oil, honey, garlic, cumin powder, salt and pepper.
2. Set aside the dressing.
3. Drain and rinse the beans and corn.
4. Combine the ingredients 4 through 8 to the beans and corn.
5. Toss this with the dressing.
6. Serve the salad in the tortilla cups.
7. Garnish with cheese. (Optional)

**Tortilla Cups:**

Lightly spray both sides of the tortillas (6 in) with non-stick spray. Place them in a tortilla cup maker or muffin tray. Bake in a 400 degree pre-heated oven for 6-8 minutes till slightly golden. Remove and let them cool.

