

Southern Corn Bread Salad

★★★★★

Blog, Salads

Prep Time: 30 min **Cook Time:** prep: 30 min. + chilling **Servings:** 16 servings **Source:** tasteofhome.com

INGREDIENTS

- 1 package (8-1/2 ounces) corn bread/muffin mix
- 1 cup (8 ounces) sour cream
- 1 cup mayonnaise
- 1 envelope ranch salad dressing mix
- 3 large tomatoes, seeded and chopped
- 1/2 cup chopped sweet red pepper
- 1/2 cup chopped green pepper
- 1 cup thinly sliced green onions, divided
- 2 cans (15 ounces each) pinto beans, rinsed and drained
- 2 cups shredded cheddar cheese
- 10 bacon strips, cooked and crumbled
- 3-1/2 cups frozen corn, thawed

DIRECTIONS

Prepare and bake corn bread mix according to package directions, using an 8-in. square baking dish. Crumble when cool.

Mix sour cream, mayonnaise and salad dressing mix until blended. In a separate bowl, combine tomatoes, peppers and 1/2 cup green onions.

In a 3-qt. glass bowl, layer half of each: corn bread, beans, tomato mixture, cheese, bacon, corn and dressing. Repeat layers. Top with remaining green onions. Refrigerate 3 hours. Yield: 16 servings (3/4 cup each).

NUTRITION

367 calories: 3/4 cup

Total Carbohydrates: 29g carbohydrate (7g sugars 46mg cholesterol 23g fat (7g saturated fat) 4g fiber)

11g protein.

607mg sodium

