

Southwest Potato Salad for 4th of July

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/4th-of-july-fruit-salad-recipe>

Ingredients:

- baby potatoes assorted, purple, red and white boiled
- 1 pound fresh green beans boiled
- 1 cup baby carrots cooked
- 1 can black beans rinsed
- 1 cup light red kidney beans canned, rinsed
- 2 cups frozen corn thawed
- 2 tablespoons green peppers chopped
- 4 tablespoons olive oil
- 1 fresh lime
- 1 teaspoon chili pepper crushed Chipotle
- 1 teaspoon chili powder
- 1/2 teaspoon minced garlic
- 2 tablespoons cilantro chopped
- 2 avocados sliced in wedges
- 1 cup grape tomatoes sliced in halves
- 1 dash cayenne pepper for more heat, optional
- salt
- pepper

Nutrition:

1. Calories: 640 calories
2. Carbohydrate: 79 grams
3. Fat: 30 grams
4. Fiber: 28 grams
5. Protein: 24 grams
6. SaturatedFat: 4 grams
7. Sodium: 660 milligrams

8. Sugar: 10 grams

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