

# Chopped Mexican Salad {with Avocado Salad Dressing}

Yield: 10 min  
Total Time: 18 min

Recipe from: <https://www.recipeschoose.com/recipes/avocado-salad-dressing-recipe-with-greek-yogurt>

## Ingredients:

- 1 head romaine lettuce chopped
- 1 ear of corn with kernels removed, I steamed mine for a few minutes and then cooled
- 1 red bell pepper chopped
- 1 cup cherry tomatoes cut in half
- 15 ounces black beans 1 can, rinsed and drained
- 1/3 cup pepitas roasted and salted, I just used plain pumpkin seeds
- 1 cup pepper jack cheese grated, or more to taste
- tortilla Strips for Salads, I like Fresh Gourmet Santa Fe Style
- 1 avocado small, peeled and sliced
- 1 jalapeno small, seeded and roughly chopped, optional
- 1 clove garlic peeled
- 1/4 cup cilantro loosely packed
- 1/4 cup greek yogurt I used fat free
- 1/4 cup salsa smooth, medium or mild
- 1/2 cup milk
- 2 tablespoons olive oil
- 1 teaspoon honey
- 1 lime
- 1/4 teaspoon salt
- 1/4 teaspoon cumin
- 1/8 teaspoon pepper
- 1/8 teaspoon paprika
- hot sauce to taste, optional

## Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 20 grams

3. Cholesterol: 10 milligrams
  4. Fat: 12 grams
  5. Fiber: 7 grams
  6. Protein: 9 grams
  7. SaturatedFat: 3.5 grams
  8. Sodium: 410 milligrams
  9. Sugar: 4 grams
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