

Mexican Salad

Yield: 8 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/world-s-best-mexican-salad-recipe>

Ingredients:

- 2 red bell peppers halved lengthwise, stem/seed core removed
- 1 1/2 cups fresh corn or frozen
- 2 tomatoes large, cored, seeded, and cut into 1/4-inch dice
- 1 mango large ripe, cut into 1/4-inch dice
- 2 large avocados peeled, pitted, and cut into 1/4-inch dice
- 15 ounces black beans drained and rinsed
- 1/4 cup chopped fresh cilantro coarsely
- olive oil
- 3 tablespoons fresh lime juice
- 3 tablespoons fresh orange juice
- 1 clove garlic minced
- 2 teaspoons shallot finely chopped
- 1 tablespoon honey
- 1 tablespoon fresh cilantro minced
- 3 tablespoons extra virgin olive oil
- kosher salt
- black pepper

Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 31 grams
3. Fat: 15 grams
4. Fiber: 10 grams
5. Protein: 6 grams
6. SaturatedFat: 2 grams
7. Sodium: 320 milligrams
8. Sugar: 10 grams

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