

Mexican Caesar Salad

Yield: 5 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-pepita-caesar-dressing-recipe>

Ingredients:

- 6 cups kale leaves roughly-chopped dinosaur, lacinato, tough stems removed
- 4 cups romaine lettuce roughly-chopped
- 1 cup tortilla strips fried, homemade* or storebought
- 1/2 cup cilantro leaves chopped fresh
- 1/3 cup pepitas toasted, , hulled pumpkin seeds
- 1 avocado peeled, pitted and thinly sliced
- 1 batch caesar dressing Greek Yogurt, , which I recommend making with lime juice, instead of lemon juice, for this recipe
- cotija cheese crumbled, or queso fresco

Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 5 milligrams
4. Fat: 13 grams
5. Fiber: 6 grams
6. Protein: 8 grams
7. SaturatedFat: 2 grams
8. Sodium: 90 milligrams
9. Sugar: 1 grams

Thank you for visiting our website. Hope you enjoy Mexican Caesar Salad above. You can see more 18 mexican pepita caesar dressing recipe Try these culinary delights! to get more great cooking ideas.