

# Healthy Mexican Salad

Yield: 5 min  
Total Time: 20 min

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

## Ingredients:

- 1 head romaine lettuce washed, dried and chopped
- 2 tablespoons olive oil
- 1 can black beans or 1.5 - 2 cups of dried black beans, cooked according to package directions
- 2 pinches salt
- 1 clove garlic minced
- 1 teaspoon chili powder
- 1 1/2 cups corn can use frozen, cook according to package, canned or fresh
- 1 cup shredded cheese
- 1 large tomato
- 1 avocado
- 2 green onions
- 1 handful tortilla chips
- 1 batch lime dressing Creamy Cilantro, \* See link to dressing recipe in Notes below

## Nutrition:

1. Calories: 370 calories
2. Carbohydrate: 35 grams
3. Cholesterol: 25 milligrams
4. Fat: 20 grams
5. Fiber: 14 grams
6. Protein: 15 grams
7. SaturatedFat: 6 grams
8. Sodium: 620 milligrams
9. Sugar: 5 grams

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