

Mexican Corn Salad Dressing

Yield: 8 min
Total Time: 20 min

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

Ingredients:

- 5 ears of corn shucked and kernels removed, or two 12 ounce bags of frozen corn
- 1/2 teaspoon chili powder
- 1 clove garlic clove minced
- 1 cup canned black beans drained and rinsed
- medium green bell pepper chopped
- 1/2 cup chopped red onion
- 2 tomatoes seeded and diced
- 1/2 cup fresh cilantro chopped
- 1/2 cup crumbled feta cheese
- salt
- pepper
- 1/2 cup dressing Litehouse Sweet Onion
- 1 lime
- 1/4 teaspoon ground cumin
- 1 pinch cayenne

Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 10 milligrams
4. Fat: 10 grams
5. Fiber: 3 grams
6. Protein: 4 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 260 milligrams
9. Sugar: 2 grams

Thank you for visiting our website. Hope you enjoy Mexican Corn Salad Dressing above. You can see more 19 mexican bean salad dressing recipe Cook up something special! to get more great cooking

ideas.