

Mexican Quinoa Salad with Orange Lime Dressing

Yield: 2 min
Total Time: 30 min

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

Ingredients:

- 6 cups mixed greens
- 1 cup cooked quinoa red or white*
- 1/2 cup canned corn or fresh
- 1 cup black beans cooked, seasoned with equal pinches sea salt, cumin, chili + garlic powder
- 1/4 cup red onion diced
- 1 orange segmented
- 1/2 avocado ripe, chopped
- 1/4 cup fresh cilantro chopped or torn
- 1/2 avocado ripe
- 1 lime large, juiced, ~4 Tbsp
- 3 tablespoons orange juice
- 2 teaspoons sweetener choice, maple syrup, agave, cane sugar, etc.
- 2 teaspoons hot sauce
- 1/4 teaspoon cumin powder
- 1/8 teaspoon chili powder or sub extra hot sauce or chipotle powder
- sea salt
- black pepper
- 1 tablespoon cilantro fresh minced, optional
- 4 tablespoons extra-virgin olive oil or avocado oil

Nutrition:

1. Calories: 630 calories
2. Carbohydrate: 74 grams
3. Fat: 36 grams
4. Fiber: 22 grams
5. Protein: 13 grams
6. SaturatedFat: 4.5 grams

7. Sodium: 780 milligrams

8. Sugar: 11 grams

Thank you for visiting our website. Hope you enjoy Mexican Quinoa Salad with Orange Lime Dressing above. You can see more 16 mexican corn salad recipe with canned corn Prepare to be amazed! to get more great cooking ideas.