

Mexican Chopped Salad with Honey-Lime Dressing

Yield: 4 min
Total Time: 20 min

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

Ingredients:

- 2 1/2 cups romaine lettuce chopped
- 15 1/2 ounces black beans rinsed & well-drained
- 3/4 cup tomato chopped seeded
- 3/4 cup jicama chopped peeled
- 3/4 cup corn kernels fresh, uncooked, or use frozen or canned
- 3/4 cup radishes thinly sliced
- 1 avocado large, diced
- 1 red bell pepper large, chopped
- 1/4 cup feta cheese crumbled reduced-fat
- 1/4 cup fresh lime juice
- 2 tablespoons olive oil
- 2 tablespoons honey
- 2 tablespoons chopped fresh cilantro finely, or more to taste
- 1 clove garlic peeled & minced
- 1 teaspoon jalapeño pepper chopped, use canned for less heat

Nutrition:

1. Calories: 370 calories
2. Carbohydrate: 43 grams
3. Cholesterol: 10 milligrams
4. Fat: 17 grams
5. Fiber: 14 grams
6. Protein: 16 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 880 milligrams
9. Sugar: 15 grams

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