

Mexican Kale Salad

Yield: 6 min
Total Time: 12 min

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

Ingredients:

- 4 cups kale baby or full-grown, stalks removed & coarsely chopped, packed
- 14 ounces black beans drained and rinsed, I used my cooked beans
- 1 cup corn thaw if using frozen
- 2 bell peppers large, any colour, finely chopped
- 1 avocado + 1/2 large, finely chopped
- 1 large tomato finely chopped
- 1/2 cup red onion finely chopped
- 1/2 cup cilantro finely chopped
- 1 tablespoon jalapeño peppers seeded & minced
- 1/2 avocado large
- 1/2 cup warm water
- 1/2 lime juice of
- 1 teaspoon cumin
- 3/4 teaspoon salt
- 1/2 teaspoon black pepper

Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 29 grams
3. Fat: 8 grams
4. Fiber: 11 grams
5. Protein: 8 grams
6. SaturatedFat: 1 grams
7. Sodium: 570 milligrams
8. Sugar: 4 grams

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