

# Mexican Orzo Salad

Yield: 8 min

Total Time: 154 min

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

## Ingredients:

- 16 ounces orzo pasta
- 1 red bell pepper small, chopped
- 1 yellow bell pepper small, chopped
- 1 bunch green onions chopped
- 1 red onion small, finely chopped
- 15 ounces chickpeas rinsed and drained
- 15 ounces kidney beans rinsed and drained
- 15 ounces black beans rinsed and drained
- 8 3/4 ounces whole kernel corn, drained
- 1 cup cilantro leaves chopped
- salt to taste
- pepper to taste
- 5 limes juiced
- 6 tablespoons canola oil

## Nutrition:

1. Calories: 460 calories
2. Carbohydrate: 77 grams
3. Fat: 12 grams
4. Fiber: 11 grams
5. Protein: 17 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 470 milligrams
8. Sugar: 3 grams

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