

Chopped Mexican Salad with Pepitas

Yield: 4 min
Total Time: 30 min

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

Ingredients:

- 1/2 cup pepitas pumpkin seeds, hulled
- 2 teaspoons olive oil
- 1 1/2 teaspoons honey
- 1 teaspoon ground cumin
- 2 pinches cayenne
- 1/4 teaspoon salt
- 1/3 cup fresh lime juice about 3 limes
- 2 teaspoons chipotles in adobo sauce finely minced
- 1 tablespoon honey
- 1 teaspoon ground cumin
- 1/2 teaspoon sea salt
- 1/2 cup extra-virgin olive oil
- 4 cups arugula packed, or mixed baby greens, or a combination of both, roughly chopped
- 1/2 cup cilantro washed and dried, finely chopped
- 1 1/2 cups jicama chopped
- 1 1/2 cups tomato seeds removed, chopped
- 1 1/2 cups avocado chopped
- 1 cup roasted poblano peppers [click here for how to roast them here](#), peeled, seeded, chopped
- 1/2 cup red onion chopped
- 1/2 cup manchego cheese grated

Nutrition:

1. Calories: 570 calories
2. Carbohydrate: 26 grams
3. Cholesterol: 10 milligrams
4. Fat: 50 grams
5. Fiber: 9 grams

6. Protein: 13 grams
 7. SaturatedFat: 9 grams
 8. Sodium: 1180 milligrams
 9. Sugar: 12 grams
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