

Chopped Mexican Salad

Yield: 4 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-yellow-rice-and-black-beans-recipe>

Ingredients:

- 1 cup romaine lettuce
- 1 avocado
- 1 green pepper
- 1 red onion
- 1/2 cup black beans
- 1/2 cup corn
- 2 Roma tomatoes
- 2 tablespoons olive oil
- 1/2 lime
- 1 jalapeño pickled, optional, deseeded
- 1/4 cup cilantro roughly chopped
- 1/2 teaspoon cumin ground
- salt
- black pepper

Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 21 grams
3. Fat: 15 grams
4. Fiber: 9 grams
5. Protein: 5 grams
6. SaturatedFat: 2 grams
7. Sodium: 300 milligrams
8. Sugar: 4 grams

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