

# Mexican Salmon Salad

Yield: 4 min  
Total Time: 20 min

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

## Ingredients:

- 1 tablespoon extra virgin olive oil plus more for the fish
- 1 salmon filet Alaskan sockeye
- 2 cups baby kale and arugula mixed or your favorite lettuce
- 6 slices jalapeno sliced
- 1 tablespoon cilantro chopped
- 1 slice red onion
- 2 tablespoons black beans drained and rinsed
- 1/4 teaspoon paprika
- 1/8 teaspoon garlic powder
- 1/8 teaspoon onion powder
- 1/8 teaspoon oregano
- 1/8 teaspoon cumin
- 1/2 cup cilantro
- 1/2 cup plain Greek yogurt
- 2 tablespoons lime juice
- 3 tablespoons extra virgin olive oil
- 1 garlic clove
- 1 1/2 teaspoons honey

## Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 20 milligrams
4. Fat: 18 grams
5. Fiber: 1 grams
6. Protein: 8 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 65 milligrams
9. Sugar: 4 grams

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