

Mexican Party Salad

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-ideas-for-mexican-party>

Ingredients:

- nut
- spice mix
- iceberg lettuce sliced very thin
- brussels sprouts sliced very thin
- purple cabbage sliced very thin
- corn-on-the-cob
- carrots julienned
- red onion
- jalapeño pepper fresh
- canned black beans rinsed
- jack cheese monterrey, shredded
- chips corn tostada
- 2 teaspoons nut San Miguel, & spice mix
- 1/4 cup olive oil
- 2 limes juiced
- 1/2 avocado ripe
- 1 garlic clove
- 2 slices jalapeños pickled
- 1/4 cup greek yogurt
- 4 tablespoons water or more
- 1 teaspoon salt
- 1 tablespoon honey

Nutrition:

1. Calories: 370 calories
2. Carbohydrate: 32 grams
3. Cholesterol: 10 milligrams
4. Fat: 27 grams
5. Fiber: 8 grams

6. Protein: 7 grams
 7. SaturatedFat: 4.5 grams
 8. Sodium: 1110 milligrams
 9. Sugar: 12 grams
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