

# High-Fiber Mexican Summer Salad

Yield: 4 min  
Total Time: 20 min

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

## Ingredients:

- 2 ears of corn
- 2 tomatoes
- 1 avocado
- 1 cup black beans
- 1 lime
- 4 scallions chopped
- 1 handful cilantro coriander
- 1 handful fresh chives
- 1 teaspoon cumin
- 1 teaspoon chipotle powder
- sea salt Sea or Himalayan, to taste
- fresh ground black pepper to taste
- 1/4 cup quinoa optional

## Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 27 grams
3. Fat: 9 grams
4. Fiber: 10 grams
5. Protein: 7 grams
6. SaturatedFat: 1 grams
7. Sodium: 400 milligrams
8. Sugar: 3 grams

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