

**Healthy Creamy Mexican Kale Salad**

**6 SERVINGS**

Nutrition Facts per Serving:

Calories:242 Protein (g): 9.3

Fat (g): 11.2 Carbohydrate (g): 31.8

# Ingredients:

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| **Salad:**4 cups Kale, coarsely chopped14 oz Canned black beans, drained and rinsed1cup Corn kernels2 Bell peppers (any color), finely chopped1 Large avocado, finely chopped1 Tomato, finely chopped½ cup Red onion, finely chopped½ cup Cilantro, finely chopped 1tbsp Jalapeno pepper, de-seeded and minced**Dressing:**½ Avocado |   |
| 1/2cup Warm water2tbsp Lime juice1tsp Cumin¾ tsp Salt½ tsp Black pepper |  |
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**Instructions:**

**Salad:**

1. Chop kale, peppers, avocado, tomato, onion and cilantro. Mince jalapeno.
2. Add all ingredients into a large mixing bowl

**Dressing:**

1. Add all dressing ingredients to blender or food processor.
2. Blend until smooth.
3. Pour over salad, toss, and serve.