

[](http://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwi1xO381-nOAhXEJiYKHdDaDcwQjRwIBw&url=http://ifoodreal.com/healthy-creamy-mexican-kale-salad/&psig=AFQjCNGJbVLe8PGbEBD-jGPTBccqXUblhw&ust=1472665321216416)**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 chopped  14 oz Canned black beans, drained and rinsed  1cup Corn kernels  2 Bell peppers (any color), finely chopped  1 Large avocado, finely chopped  1 Tomato, finely chopped  ½ cup Red onion, finely chopped  ½ cup Cilantro, finely chopped  1tbsp Jalapeno pepper, de-seeded and minced  **Dressing:**  ½ Avocado |  |
| 1/2cup Warm water  2tbsp Lime juice  1tsp Cumin  ¾ tsp Salt  ½ 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.