

# Mexican Kale Salad

## Ingredients:

4 cups baby kale, packed  
15.5 oz. can black beans, drained and rinsed  
1 cup corn, thawed if frozen  
2 large bell peppers, finely chopped  
1 1/2 large avocados, finely chopped  
1 large tomato, finely chopped  
1/2 cup red onion, finely chopped  
1/2 cup cilantro, finely chopped  
1 tbsp. jalapeno peppers, seeded and minced

For the dressing:  
1/2 large avocado  
1/2 cup warm water  
1/2 lime, juice of  
1 teaspoon cumin  
3/4 tsp. kosher salt  
1/2 tsp. black pepper

## Directions:

1. Add salad ingredients to a large bowl.
2. In a food processor, blender or magic bullet, process dressing ingredients until smooth.
3. Pour dressing over salad, toss and serve.

| Nutrition Facts   |  |
|---|--|
| Serving Size 1 2/3 cups (291g)  |  |
| Servings Per Container 6  |  |
| Amount Per Serving  |  |
| <b>Calories</b> 190   | Calories from Fat 80                     |
| <hr/>   |  |
|   | % Daily Value*                           |
| <b>Total Fat</b> 8g   | <b>12%</b>                               |
| Saturated Fat 1g  | <b>5%</b>                                |
| Trans Fat 0g  |  |
| <b>Cholesterol</b> 0mg  | <b>0%</b>                                |
| <b>Sodium</b> 500mg   | <b>21%</b>                               |
| <b>Total Carbohydrate</b> 27g   | <b>9%</b>                                |
| Dietary Fiber 10g   | <b>40%</b>                               |
| Sugars 5g   |  |
| <b>Protein</b> 8g   |  |
| <hr/>   |  |
| Vitamin A 100%  | Vitamin C 180%                           |
| Calcium 10%   | Iron 15%                                 |
| <small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small> |  |
|   | <small>Calories: 2,000 2,500</small>     |
| Total Fat   | <small>Less than 65g 80g</small>         |
| Saturated Fat   | <small>Less than 20g 25g</small>         |
| Cholesterol   | <small>Less than 300mg 300mg</small>     |
| Sodium  | <small>Less than 2,400mg 2,400mg</small> |
| Total Carbohydrate  | <small>300g 375g</small>                 |
| Dietary Fiber   | <small>25g 30g</small>                   |
| <small>Calories per gram:</small>   |  |
| <small>Fat 9 • Carbohydrate 4 • Protein 4</small>   |  |

For more information, please contact:

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Source: [ifoodreal.com](http://ifoodreal.com)

