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

Nutrition Facts
Serving Size 1 2/3 cups (291g)
Servings Per Container 6

Amount Per Serving	
Calories 190	Calories from Fat 80
	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 500mg	**21%**
Total Carbohydrate 27g	**9%**
Dietary Fiber 10g	**40%**
Sugars 5g	
Protein 8g	

Vitamin A 100% • Vitamin C 180%
Calcium 10% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories:		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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.

For more information, please contact:
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