

Simple Mexican Salad

Makes: 4 Servings

Brighten your plate with this recipe using fresh cucumbers. Cucumbers can be sliced or chopped to add to salads.

Ingredients

2 cucumbers
2 oranges
2 **tablespoons** lemon juice (or use lime juice)
1/2 **teaspoon** chili powder
1/4 **teaspoon** salt

Directions

1. Wash and scrub the cucumbers under cold running water; wash oranges under cold water.
2. Slice the cucumbers.
3. Peel oranges and cut oranges into small pieces.
4. Place cucumber and oranges in a medium size bowl. Add chili powder, lemon or lime juice and salt. Stir well. Can be served at room temperature or chilled.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	60	
Total Fat	0 g	
Protein	2 g	
Carbohydrates	14 g	
Dietary Fiber	2 g	
Saturated Fat	0 g	
Sodium	150 mg	