

A Simple Mexican Salad

Rating: ★★★★★

Makes: 4 servings

Ingredients

- 2 cucumber
- 2 orange
- 1 lemon or lime (the juice)
- 1/2 teaspoon chili powder
- 1/2 teaspoon salt

Directions

1. Wash the cucumbers, oranges and lemon or lime under cold running water.
2. Slice the cucumbers. Peel and cut the oranges into small pieces.
3. Place cucumber and oranges in a medium size bowl. Add chili powder, lemon or lime juice and salt.

Oregon State University Cooperative Extension Service, Pictorial R
Nutrition Program

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	50	
Total Fat	0 g	0%
Protein	1 g	
Carbohydrates	12 g	4%
Dietary Fiber	3 g	12%
Saturated Fat	0 g	0%
Sodium	300 mg	13%