

A Simple Mexican Salad

Makes: 4 servings

Chili powder and lime juice are the secret ingredients in this cucumber ar

Ingredients

- 2 cucumbers
- 2 oranges
- 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 slices and orange pieces in a medium size bowl. Add chili powder, lemon or lime juice and salt.

Source: Oregon State University Cooperative Extension Service, Pictoral Recipes Lynn Myers Steele, 2000 Oregon Family Nutrition Program

Nutrition Information

Nutrients	Amount
Calories	50
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	300 mg
Total Carbohydrate	12 g
Dietary Fiber	3 g
Total Sugars	9 g
Added Sugars included	N/A
Protein	1 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	