

A Simple Mexican Salad

Chili powder and lime juice are the secret ingredients in this fresh and delightful cucumber and orange salad. Try adding sliced white onions for extra flavor!

Makes: 4 Servings

Prep time: 10 minutes

Source: myplate.gov

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.

Utensils Needed

- Knife
- Cutting Board
- Mixing bowl
- Mixing spoon



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1/4 of recipe

Nutrients	Amount
Calories:	46
Total Fat:	0 g
Saturated Fat:	0 g
Cholesterol:	0 mg
Sodium:	306 mg
Total Carbohydrates:	11 g
Dietary Fiber:	2 g
Total Sugars:	8 g
Added Sugars:	0 g
Protein	1 g

SHOPPING LIST

Average total cost without oil and seasonings: \$4.51

Average cost/serving: \$1.13

Recipe makes: 4

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 2 to cart
Cucumbers



Add 2 to Cart
Navel oranges



Add 1 to Cart
1 lemon or lime

SAVE TIME, SAVE MONEY

My Cooking Notes

Cooking Tips

- Fresh lemon or lime juice is best, but you can always use a store bought bottle of juice if you already have some on hand.