

A Simple Mexican Salad

Serves: 4

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.

Nutritional information

Total calories per serving: 46

Total fat: 0 g

Saturated fat: 0 g

Cholesterol: 0 mg

Sodium: 306 mg

Carbohydrates: 11 g

Dietary fiber: 2 g

Total sugars: 8 g

Added sugars: 0 g

Protein: 1 g