



Dash
of
Wellness

Simple Mexican Salad

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2 cucumbers

2 oranges *(or a 14.5 oz. can mandarin oranges in 100% juice)*

2 Tbsp. lemon or lime juice *(or juice from one lime/lemon)*

½ tsp. chili powder

½ tsp. salt

Directions

1. Wash hands with soap and water.
2. Place cucumbers and oranges in a medium bowl.
3. In a small bowl, combine chili powder, lemon or lime juice, and salt.
4. Combine cucumber and oranges with chili powder mixture.
5. Serve cold. Eat by itself or on top of beans or lettuce. Enjoy!

Yield: 4 Servings

Nutrition Facts (per serving): *45 calories, 0 grams fat, 300 milligrams sodium, 11 grams carbohydrate, 2 grams fiber*

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