
Mexican Salad Boats

Cook Time: 0 min

prep Time: 0 min

total Time: 0 min

servings: 0

Ingredients:

Salad:

- 1 large tomato or 1 cup cherry tomatoes, chopped small
- 1/2 yellow bell pepper, copped small
- 1/2 red bell pepper, copped small

- 1 can black beans (optional)
- 1/2 small red onion, diced
- 2 tbsp minced jalapeno peppers (without the seeds)
- 1/2 tsp freshly grated lime zest
- 1 avocado, chopped into small cubes
- Gem lettuce leaves to serve

Dressing:

- 1/4 cup lime juice
- 1/4 cup olive oil
- 1 tsp sea salt
- 1/4 tsp black pepper
- 1/2 tsp garlic, minced
- 1/4 tsp ground cayenne pepper

Instructions:

1. Prepare all the ingredients for the salad. Keep the avocados to the end.
2. Mix all the dressing ingredients together.
3. In a bowl, toss together the tomato, peppers, beans, onion, jalapeño, and lime zest. Add the dressing and mix well.
4. When you are ready to serve chop the avocado and mix with the rest of the salad.
5. Either let scoop up with the gem lettuce leaves, or serve with some of the salad mixture already spooned into the leaves.