

Southwestern Chicken Salad

6 servings

Choose vegetables that are dark green, red, or orange more often and try to eat more dry beans and peas.

2 cups cooked chicken, chopped
1 cup tomato, gently rubbed under cold running water, chopped
1/2 cup green onions, gently rubbed under cold running water, chopped
1 (11 ounce) can corn, drained and rinsed
1/2 cup Cheddar cheese, shredded
1/2 cup black beans, drained and rinsed
6 cups mixed salad greens, gently rubbed under cold running water (if not pre-washed)
2/3 cup fat-free sour cream
1/2 cup picante sauce
1 teaspoon chili powder
1/2 teaspoon ground cumin
Tortilla chips (optional)*



1. Wash hands with soap and water.
2. In a large bowl, mix cooked chicken, tomato, green onions, corn, cheese, black beans and salad greens.
3. In a separate small bowl, make dressing by combining sour cream, picante sauce, chili powder, and cumin.
4. Gently mix salad with dressing and serve.

Optional: Top salad with crushed tortilla chips.

Nutrition Information per Serving: (1/6 of recipe) Calories 191, Total Fat 39g, Saturated Fat 1g, Cholesterol 43mg, Sodium 466mg, Total Carbohydrate 21g, Dietary Fiber 4g, Sugars 4g, Protein 21g, Vitamin A 31%, Vitamin C 23%, Calcium 14%, Iron 12%.