

RECIPE:

Southwestern Chicken Salad

Number of Servings: 6



Ingredients:

- 2 c. cooked chicken, chopped
- 1 c. tomato, chopped
- 6 c. mixed salad greens
- 1/2 c. green onions, chopped
- 1 (11 oz.) can corn, drained and rinsed
- 1/2 c. Cheddar cheese, shredded
- 1/2 c. canned black beans, drained and rinsed
- 1/2 tsp. ground cumin
- 2/3 c. fat-free sour cream
- 1 tsp. chili powder
- 1/2 c. picante sauce

Directions:

1. Wash hands with soap and water.
2. Rinse produce and prepare as directed in the ingredient list. Gently rub tomato and green onions under cold running water. Gently rub mixed salad greens under cold running water (if not pre-washed).
3. In a large bowl, mix cooked chicken (heated to 165°F as measured with a food thermometer), chopped tomato, salad greens, chopped green onions, corn, shredded cheese and black beans.
4. In a separate small bowl, make dressing by combining cumin, sour cream, chili powder and picante sauce.
5. Gently mix salad with dressing and serve.
6. Store leftovers in a sealed container in the refrigerator.

Optional: Top salad with crushed tortilla chips
In a hurry? You can use two 12.5 oz. cans of chicken. Want to make this healthier? Use 2/3 c. plain non-fat Greek yogurt instead of sour cream.

Nutrition Info:

Nutrition Facts

6 servings per container	
Serving size	2 cups
Amount per serving	
Calories	190
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 530mg	23%
Total Carbohydrate 17g	6%
Dietary Fiber 4g	14%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 19g	
Vitamin D 0mcg	0%
Calcium 145mg	10%
Iron 2mg	10%
Potassium 479mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe Credit: Nebraska Extension Nutrition Education Program