



**Southwestern Chicken Salad**

**6 Servings**



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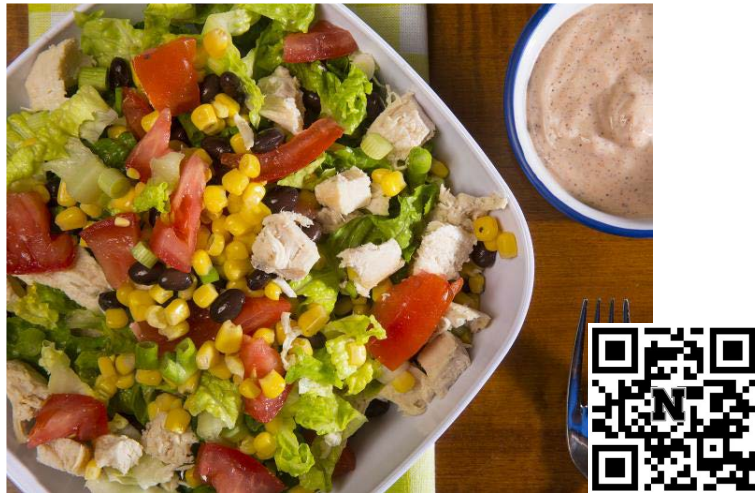


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### Ingredients:

- 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. Gently rub tomato and green onions under cold running water. Gently rub 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. Use two 12.5 oz. cans of chicken in place of 2 c. cooked chicken. Use 2/3 cup plain non-fat Greek yogurt instead of sour cream.

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