

MEXICAN CHICKEN SALAD



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Ingredients

Yield: 4 servings

- 1lb of chicken or lean ground turkey
- 1 package of low sodium taco seasoning
- ½ can pinto beans
- ½ can kidney beans
- ½ cup roasted corn
- 1 bag of Romaine or Spring mix lettuce
- low fat ranch dressing or low fat dressing of choice
- 1 package baked nacho flavored chips
- 1 small package of 2% Mexican shredded cheese

Directions

1. Cook chicken or turkey in low sodium taco seasoning until done.
2. Sautee corn in small pan until roasted.
3. Wash and chop up lettuce if needed.
4. Place lettuce in large mixing bowl and then add meat, beans, corn and ½ cup cheese. Serve on plate with chips and dressing on the side.

Nutritional Information

Serving:	Calories	Fat	Protein	Carbohydrates	Sodium
1 cup	348	10 g	28 g	33 g	322 mg

(Calculations include 1 cup of salad mixture evenly distributed with 15 chips and 3 tbsp of lite salad dressing)

Carbohydrate Exchanges: 2