

Southwestern Chicken Salad

Nebraska Seasonal Produce Guide

6 Servings



EXTENSION

Health & Wellbeing



Ingredients

- 2 cups cooked chicken (heated to 165°F as measured with a food thermometer), chopped
- 1 cup tomato, gently rubbed under cold running water, chopped
- ½ cup green onions, gently rubbed under cold running water, chopped
- 1 (11-ounce) can corn, drained and rinsed
- ½ cup Cheddar cheese, shredded
- ½ cup black beans, drained and rinsed
- 6 cups mixed salad greens, gently rubbed under cold running water (if not pre-washed)
- ⅔ cup fat-free sour cream
- ½ cup picante sauce
- 1 teaspoon chili powder
- ½ teaspoon ground cumin
- Tortilla chips (optional)

Instructions

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.
5. Store leftovers in a sealed container in the refrigerator for up to four days.

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



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