

## **Chicken Santa Fe Salad**

¼ cup fat-free Italian dressing  
¼ cup fresh salsa  
2 tablespoons lime juice  
2 cups chicken breast, cooked and shredded  
1 can (15 oz) organic black beans, drained and rinsed (organic beans reduce sodium content)  
1 ½ cup corn  
4 cups mixed salad greens  
40 low-fat tortilla chips  
4 tablespoons fat-free sour cream  
4 tablespoons low-fat cheddar cheese, shredded

Mix Italian dressing, salsa and lime juice together in a large bowl. Add chicken, black beans, corn and salad greens and toss.

Put one cup of tortilla chips on each of four serving plates. Top with salad mixture and garnish with a dollop of sour cream and a sprinkle of shredded cheddar cheese. Makes 4 servings.

Nutrition information per serving: 353 calories, 34 grams protein, 7 grams fat, 47 carbohydrates, 548 mg sodium.