

Layered Caribbean Chicken Salad

1 6 oz container
Blue Bunny Light 85 Pina Colada Yogurt
2 Tablespoons lime juice
1 teaspoon Caribbean jerk seasoning
3 cups shredded romaine lettuce
1 pound chicken breast, cooked and cubed
1 cup shredded Monterey Jack cheese
1 15 oz can Progresso Black Beans,
drained and rinsed
1 1/2 cups ripe fresh mango, peeled and diced
1/2 cup Italian plum tomatoes,
seeded and chopped
1 cup cheddar cheese, shredded
1/2 cup green onions, sliced thinly
2 oz cashews

In a small bowl, mix all salad ingredients until well blended. In a 3-4 quart clear glass serving bowl, layer all salad ingredients except cashews in order listed. Spoon dressing evenly over salad and sprinkle cashews on top. Makes 6 servings.

Nutrition information per serving: 410 calories; 39 grams protein; 19 grams of fat; 20 grams carbohydrate; 7 grams of sugar; 278 mg sodium.

Note: to reduce the fat in this recipe, switch to low fat cheese and cut back on or eliminate the cashews.