

Southwest Chicken Salad

1/4 cup fat-free mayonnaise or Miracle Whip®
1/4 cup plain, non-fat yogurt, drained
1 tsp lime juice
1 1/2 tsp cumin, or to taste
2 cups chopped cooked skinless chicken breast
1/2 cup chopped red pepper
1/2 cup black beans, drained
1/2 cup frozen sweet corn, thawed
1/4 cup red onion, finely chopped
1 medium tomato, chopped

In a small bowl, blend mayonnaise, yogurt, lime juice and cumin. In a separate bowl, combine chicken, pepper, black beans, sweet corn, red onion and tomato. Stir in dressing. Serve on a bed of spinach leaves or make a wrap using a low fat, whole wheat tortilla. Makes 4 servings.

Nutrition information per serving: 166 calories, 23 grams protein, 2 grams fat, 15 grams carbohydrate, 245 mg sodium.