



Southwest Chopped Salad

2 cups chicken breast, cooked and shredded
1 green bell pepper, diced
1 can organic black beans, rinsed
1 cup frozen corn, thawed
2 roma tomatoes, diced
4 green onions, sliced
1 head iceberg lettuce, washed and chopped
1/4 cup fresh cilantro, chopped
2 ripe avocados, diced
1 cup crushed tortilla chips
1/2 cup mayonnaise or Miracle Whip®
2/3 cup plain Greek yogurt
1 tbsp ranch seasoning
1 tbsp taco seasoning

In a large bowl, combine chicken, green pepper, black beans, corn, tomatoes, green onion, lettuce, cilantro and avocados. In a small bowl stir together mayonnaise, yogurt, ranch seasoning and taco seasoning.

Right before serving, pour dressing over salad, toss, and top with tortilla chips. Makes 8 servings.

Nutrition information per serving: 284 calories, 19 grams protein, 11 grams fat, 26 gram carbohydrate, 297 mg sodium.



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