



Southwest Chicken Salad

U.S.

For the salad

2 cups	Cooked Chicken Breast, diced	340g
1/2 cup	Black Beans, low sodium, drained and rinsed	115g
1/2 cup	Frozen Corn, thawed	115g
1/4 small	Red Onion, diced	1/4 small
1/4 cup (about 1/2 bunch)	Cilantro, chopped	1/2 bunch
2 cups	Coleslaw Mix (shredded carrots and cabbage)	115g
1 each	Avocado, diced	1 each

For the dressing

1/2 cup	Avocado Crema (see recipe)	120mL
1 Tbsp	Salt Free Taco Seasoning (see recipe)	9g
1 each	Lime, juiced	1 each

Preparation:

1. Gather all ingredients and equipment.
2. Combine all ingredients for the salad. If not eating right away, wait to dice and add the avocado to prevent it from turning brown.
3. For the dressing, combine the Avocado Crema (see separate recipe) with salt-free taco seasoning and lime juice. Toss with the salad before serving, or serve drizzled on top.

Nutrition Facts

4 Servings

Serving size **1 cup**

Amount per serving

Calories **270**

Total Fat 10 g

 Saturated Fat 2 g

 Trans Fat 0 g

 Monounsaturated Fat 6 g

Cholesterol 60 mg

Sodium 210 mg

Total Carbohydrate 19 g

 Dietary Fiber 7 g

 Total Sugars 5 g

 Includes 0g Added Sugars

Protein 28 g

Vitamin D 0 %

Calcium 4 %

Iron 10 %

Potassium 600 mg

Phosphorus 290 mg
