



BBQ Chicken Salad

Servings 4 | Prep time 20 mins. | Total time 20 mins.

Equipment: Colander, Cutting board, Paper towels, Measuring cups, Large bowl, Small bowl
Utensils: Knife, Whisk or fork, Tongs or fork to toss salad

Ingredients

1 pound cooked, cooled chicken
1/2 cup BBQ sauce (optional)
2 heads romaine lettuce
4 tomatoes
1 15 ounce can no salt added black beans, drained and rinsed
1 cup frozen corn, thawed
1 cup shredded reduced fat cheddar cheese

Instructions

1. Before you begin, wash your hands, surfaces, utensils, and vegetables.
2. Dice chicken and add to a large bowl. Toss with BBQ sauce, if using.
3. Chop lettuce into 1/2 inch pieces and add to bowl.
4. Dice tomatoes into 1/4 inch chunks; pat dry with a paper towel to remove excess moisture and add to bowl. Add thawed frozen corn to bowl.
5. Drain and rinse black beans, shake off excess moisture, and add to bowl.
6. Toss salad and dressing together and top with shredded cheese.

TIP:

Make your own salad dressing by combining 1 cup fat-free plain yogurt, 1/2 cup BBQ sauce, 2 tablespoons ranch dressing mix, and 1 tablespoon water

Nutritional Information:

Calories 490
Total Fat 10g
Sodium 620mg
Total Carbs 57g
Protein 45g