



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

For the dressing:

1 cup fat-free plain yogurt
1/2 cup BBQ sauce
2 tablespoons ranch dressing mix
1 tablespoon water

For salad:

1 pound cooked, cooled chicken
2 heads romaine lettuce
4 Roma tomatoes (or other variety)
1 15 ounce can black beans
1 cup frozen corn, thawed
1 cup reduced fat shredded cheddar cheese

Instructions

For the dressing:

1. Add yogurt, BBQ sauce, and ranch dressing seasoning to a small bowl and whisk with a whisk or fork to combine.
2. Add water. Whisk until dressing reaches desired consistency.

For the salad:

1. Before you begin, wash your hands, surfaces, utensils, and vegetables.
2. Dice chicken and add to a large bowl.
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.

Nutritional Information:

Calories 510 Total Fat 7g Sodium 1380mg Total Carbs 62g Protein 51g