



BBQ Chicken Salad

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

Equipment:

Cutting board
Paper towels
Large bowl
Small bowl

Utensils:

Knife
Measuring cups
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 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. Top with shredded cheese.

Nutritional Information:

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