



Chopped Chicken Taco Salad

INGREDIENTS

- 1.5 lbs Boneless Skinless Chicken Breast, cubed
- 6 tsp Taco Seasoning Mix
- 1/8 cup water
- 3 mini cucumbers, chopped
- 6 cups shredded Lettuce, green leaf
- 1 cup chopped, Iceberg Lettuce
- 15 oz, Black beans, drained and rinsed
- 15 oz canned sweet corn, drained and rinsed
- 2 Beefsteak Tomatoes, chopped
- 1 Red onion, chopped
- 12 tablespoons (42 grams), Tri-color Tortilla Strips
- 3/4 cups Velveeta shreds
- 1 lime

NUTRITION FACTS

Serves: 6

Amount Per Serving

- Calories 315
- Total Fat 6 g
- Saturated Fat 2 g
- Cholesterol 63 mg
- Sodium 1326 mg
- Carbohydrate 30 g
- Dietary Fiber 7 g
- Sugars 9 g
- Protein 32 g
- myWW Blue: 3
- myWW Purple: 3
- myWW Green: 7

DIRECTIONS

INSTRUCTIONS

1. Spray saute pan with cooking spray.
2. Over medium-high heat, sear cubed chicken until cooked, approximately 6 to 10 minutes
3. Add taco seasoning mix and water to pan with chicken. Mix well and cook for 1 to 2 minutes. Remove from heat and let rest.
4. Combine all vegetables and black beans in individual bowls (this makes six servings)
5. Top with Chicken, tortilla strips, and cheese.
6. Top with juice of one lime.
7. When ready to eat, top with dressing of your choice (be sure to account for points for the salad dressing).

This recipe can be found at:

<https://planningushealthy.com/chicken-taco-salad>

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