

Southwest Grilled Chicken Salad

INGREDIENTS (MAKES 4 SALADS)

- Boneless Skinless Chicken Breast (1lb/450g)
- Romaine (1 Head)
- Yellow Grape Tomatoes (300g)
- Shredded Carrots (85g)
- Sweet Onion (1 Small)
- Red Bell Pepper (2 Medium)
- Sweet Corn (75g)
- Black Beans (Rinsed, 130g)
- Taco Seasoning & Salt (Seasoning for Chicken)
- Spicy Tortilla Strips (28g)*
- Salsa Ranch Dressing (120g)**

278 CALORIES PER SALAD

36 CARBS | 6 FAT | 26 PROTEIN

INSTRUCTIONS

Season your chicken breasts with taco seasoning and salt and grill on both sides until it reaches an internal temperature of 165°F (73°C). Chop your peppers and onion into slices, salt and cook them on the stovetop on med-high for about 10 minutes, tossing and stirring them occasionally. In a bowl, combine your chopped romaine, carrots, corn, black beans, tomatoes, and your cooked pepper and onion mixture. Slice the chicken into bite-sized pieces and add to your salad bowl. Top with salad dressing and tortilla strips, and enjoy!