CHICKEN FIESTA SALAD

2-6 oz. skinless, boneless chicken breast halves
1-1.4 oz. packet dry fajita seasoning, divided
1 T. canola oil
1-15 oz. can black beans, rinsed and drained
1-15 oz. can Mexican-style corn
1/2 C. salsa
1-10 oz. pkg. mixed salad greens
1 onion, chopped

Rub chicken evenly with half the fajita seasoning. Heat the oil in a large skillet over medium heat and cook the chicken 8 minutes on each side, or until juices run clear; set aside. When cool, cut into strips. In a large saucepan, mix beans, corn, salsa and other half of fajita seasoning. Heat over medium heat until warm. Prepare the salad by tossing the greens and onion. Top salad with chicken and dress with the bean and corn mixture.

Recipe note: A 3-ounce serving of chicken breast has 140 calories, 26 grams protein, no cholesterol and 3 grams fat.

NUTRITION FACTS: Serving size: 4 servings