

<u>CHIPOTLE CHICKEN TACO SALAD</u> (GLUTEN FREE)

DRESSING:

- 1/3 C. chopped fresh cilantro
- 2/3 C. light sour cream
- 1 T. minced chipotle chile, canned in adobo sauce
- 1 tsp. ground cumin
- 1 tsp. chili powder
- 4 tsp. fresh lime juice
- 1/4 tsp. salt

SALAD:

- 4 C. shredded romaine lettuce
- 2 C. chopped, roasted skinless, boneless chicken breasts (about 2 breasts)
- 1 C. cherry tomatoes, halved
- 1/2 C. diced peeled avocado
- 1/3 C. thinly vertically sliced red onion
- 1-15 oz. can black beans, rinsed and drained
- 1-8 3/4 oz. can no-salt-added whole-kernel corn, rinsed and drained

To prepare dressing, combine first seven ingredients, stirring well. To prepare salad, combine lettuce and remaining ingredients in a large bowl. Drizzle dressing over salad; toss gently to coat. Serve immediately. Tip: Add a spoonful of adobo sauce for a spicier salad. Kidney or pinto beans also taste great in this dish.

NUTRITION FACTS: Serving size: 2 1/2 cups per serving, 4 servings

Nutrition Facts

Serving Size (403g) Servings Per Container

Amount Per Ser	ving			
Calories 330) Cal	ories fron	n Fat 60	
		% Da	aily Value*	
Total Fat 6g		9 %		
Saturated		5%		
Trans Fat	0g			
Cholesterol 65mg				
Sodium 570	24%			
Total Carbo	12%			
Dietary Fil	32%			
Sugars 5g	-			
Protein 31q				
Frotein Sig				
Vitamin A 90	%•	Vitamin (20%	
Calcium 15%	, D •	Iron 15%		
*Percent Daily Va diet. Your daily va depending on you	alues may b	e higher or l		
Total Eat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydra	300g	375g		
Dietary Fiber	25g	30g		
Calories per gran Fat 9 • C	n: Carbohydrate	e 4 • Prote	ein 4	