



Santa Fe Chicken Salad

INGREDIENTS:

2 cups torn salad greens
1/3 cup grilled chicken breast
1/4 cup whole kernel corn, drained
1 tbsp. thick & chunky salsa
1 tbsp. Fat free ranch dressing

Prep Time:

10 mins

Total Time:

10 mins

Makes:

1 serving

NUTRION FACTS:

140 Calories

3.5g of Fat

16g of Carbs

3g of Fiber

2g of Sugar

14g of Protein

PREPARATION:

PLACE greens on serving plate; top with chicken and corn.

DRIZZLE with salsa and dressing.