



Southwest Chicken Kale Salad



1/2 of recipe (about 7 cups): 307 calories, 3g total fat (0.5g sat. fat), 827mg sodium, 39g carbs, 9g fiber, 12.5g sugars, 34.5g protein

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Prep: 15 minutes

Chill: 1-2 hours



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Ingredients

Salad

8 cups chopped kale leaves
1 cup chopped tomatoes
1/2 cup chopped red or yellow bell pepper
1/2 cup canned black beans, drained and rinsed
1/4 cup chopped red onion
1/4 cup seeded and chopped fresh jalapeño peppers
6 oz. cooked and chopped skinless chicken breast

Dressing

1/4 cup fat-free plain Greek yogurt
2 tbsp. seasoned rice vinegar
1/2 tsp. taco seasoning mix

Directions

Combine all salad ingredients in a large bowl. Mix well.

In a medium bowl, whisk dressing ingredients until uniform. Add dressing to salad, and toss to coat.

Cover and refrigerate for 1-2 hours, to allow flavors to develop.

MAKES 2 SERVINGS

HG FYI: Not all taco seasonings are gluten free, so read labels carefully if that's a concern.

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