

Barbeque Chicken Salad



Ingredients:

- 1 15 oz. can kidney or black beans
- 1 15 oz. can whole kernel corn
- 1 c bell pepper, chopped
- 1/2 c red onion, chopped
- 1 tomato, chopped
- 10 oz. bag mixed salad greens
- 2 chicken breasts, grilled and diced
- 1/2 c reduced-fat Mexican cheese blend, shredded

For dressing:

- 1/4 c barbeque sauce
- 2 T olive or canola oil
- 2 T lime juice
- 1 T red wine vinegar

Instructions:

1. Top bowl of greens with beans, corn, peppers, onion, chicken, and tomatoes.
2. For dressing, combine barbeque sauce, oil, lime juice, and red wine vinegar and whisk together.
3. Pour dressing over salad just prior to serving.
4. Top with shredded cheese

Makes 4 servings.



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