



## 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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