



Top of the Chops BBQ Chicken Salad



Entire recipe: 389 calories, 8g total fat (2.5g sat. fat), 692mg sodium, 43.5g carbs, 10g fiber, 15g sugars, 36.5g protein

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Prep: 15 minutes



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Ingredients

4 cups chopped romaine lettuce
1/2 cup chopped tomato
1/4 cup peeled and chopped jicama
3 tbsp. canned black beans, drained and rinsed
3 tbsp. frozen sweet corn kernels, thawed
2 tbsp. chopped scallions
1 tbsp. chopped cilantro
3 oz. cooked and chopped skinless chicken breast
2 tbsp. BBQ sauce with 45 calories or less, or more for topping
2 tbsp. shredded reduced-fat cheddar cheese
5 baked tortilla chips, broken into bite-sized pieces
Serving suggestion: light ranch dressing

Directions

Place lettuce in a large bowl. Top with tomato, jicama, black beans, corn, scallions, and cilantro.

In a small bowl, coat chicken with BBQ sauce. Transfer to the large bowl.

Top salad with cheese and tortilla pieces.

MAKES 1 SERVING

HG FYI: A previous version of this recipe may have called for slightly different ingredients, but we've given it an upgrade! Nutritional info may vary accordingly.

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