Chicken Taco Salad

Entire recipe: 323 calories, 8g total fat (3g sat. fat), 482mg sodium, 27.5g carbs, 7.5g fiber, 10.5g sugars, 35.5g protein

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WW Points® value 3*

Total: 10 minutes

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Ingredients

3 cups chopped lettuce
1/2 cup chopped bell pepper
1/2 cup chopped tomato
1/4 cup frozen sweet corn kernels, thawed
2 tbsp. canned black beans, drained and rinsed
3 oz. cooked and chopped skinless chicken breast
1 1/2 tbsp. taco sauce, or more for topping
2 tbsp. shredded reduced-fat Mexican-blend cheese
1 tbsp. light sour cream
1 tbsp. chopped fresh cilantro

Directions

Place lettuce in a [large bowl](#). Top with pepper, tomato, corn, and beans.

In a medium microwave-safe bowl, coat chicken with taco sauce. Cover and microwave for 30 seconds, or until hot.

Spoon chicken over the salad, and top with remaining ingredients.

MAKES 1 SERVING