



## South of the Border Chicken Salad



1/2 of recipe: 241 calories, 6.5g total fat (2.5g sat. fat), 306mg sodium, 14g carbs, 2g fiber, 3.5g sugars, 30g protein

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**Prep:** 5 minutes

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### Ingredients

3 tbsp. whipped cream cheese  
2 tbsp. fat-free plain Greek yogurt  
1 tbsp. chopped fresh cilantro, or more for topping  
1 1/2 tsp. taco seasoning  
6 oz. cooked and chopped or shredded skinless chicken breast  
1/3 cup frozen sweet corn kernels, thawed  
1/4 cup canned black beans, drained and rinsed  
2 tbsp. finely chopped red onion

### Directions

In a large bowl, combine cream cheese, yogurt, cilantro, and taco seasoning. Mix until uniform.

Add remaining ingredients. Stir to coat.

**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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