



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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