



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

Green Plan [SmartPoints](#)® value 5*

Blue Plan (Freestyle™) [SmartPoints](#)® value 2*

Purple Plan [SmartPoints](#)® value 2*

Prep: 15 minutes

Chill: 1-2 hours



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

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

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