



Southwest Chicken Power Bowl



Entire recipe: 395 calories, 10g total fat (4g sat. fat), 735mg sodium, 22.5g carbs, 5.5g fiber, 7.5g sugars, 52.5g protein

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Prep: 10 minutes



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Ingredients

2 cups chopped lettuce
4 oz. cooked and chopped skinless chicken breast
1/2 cup chopped cucumber
1/4 cup canned black beans, drained and rinsed
1/4 cup shredded reduced-fat Mexican-blend cheese
1/4 cup chopped tomato
1/4 cup plain fat-free Greek yogurt
1 tsp. BBQ sauce
1 tsp. [ranch dip/dressing seasoning mix](#)
Optional toppings: sliced avocado, bacon pieces

Directions

Place lettuce in a large bowl. Top with chicken, cucumber, beans, cheese, and tomato.

In a small bowl, combine yogurt, BBQ sauce, and seasoning mix. Add 1 tsp. water. Mix until uniform.

Top or toss salad with dressing, or serve on the side.

MAKES 1 SERVING

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