



Summer Chopped Salad



Entire recipe: 377 calories, 9.5g total fat (3.5g sat. fat), 630mg sodium, 33.5g carbs, 9.5g fiber, 12.5g sugars, 40g protein

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Prep: 10 minutes



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Ingredients

- 3 cups chopped romaine lettuce
- 1/2 cup chopped cucumber
- 1/3 cup chopped tomato
- 3 oz. cooked and chopped skinless chicken breast
- 1/4 cup chopped red onion
- 1/4 cup shredded carrots
- 1/4 cup canned beets, drained and chopped
- 2 tbsp. canned black beans, drained and rinsed
- 2 tbsp. canned chickpeas (garbanzo beans), drained and rinsed
- 2 tbsp. canned sweet corn kernels, drained (or thawed from frozen)
- 2 tbsp. grated Parmesan cheese

Directions

Place lettuce in a large bowl. Top with remaining ingredients.

MAKES 1 SERVING

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