



## 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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