



Top of the Chops BBQ Chicken Salad



Entire recipe: 389 calories, 8g total fat (2.5g sat fat), 692mg sodium, 43.5g carbs, 10g fiber, 15g sugars, 36.5g protein

Blue Plan (Freestyle™) SmartPoints® value 4*

Prep: 15 minutes



Tagged: [Lunch & Dinner Recipes](#), [Single Serving](#), [30 Minutes or Less](#)

Ingredients

4 cups chopped romaine lettuce
1/2 cup chopped tomato
1/4 cup peeled and chopped jicama
3 tbsp. canned black beans, drained and rinsed
3 tbsp. frozen sweet corn kernels, thawed
2 tbsp. chopped scallions
1 tbsp. chopped cilantro
3 oz. cooked and chopped skinless chicken breast
2 tbsp. BBQ sauce with 45 calories or less, or more for topping
2 tbsp. shredded reduced-fat cheddar cheese
5 baked tortilla chips, broken into bite-sized pieces
Serving suggestion: light ranch dressing

Directions

Place lettuce in a large bowl. Top with tomato, jicama, black beans, corn, scallions, and cilantro.

In a small bowl, coat chicken with BBQ sauce. Transfer to the large bowl.

Top salad with cheese and tortilla pieces.

MAKES 1 SERVING

HG FYI: A previous version of this recipe may have called for slightly different ingredients, but we've given it an upgrade! Nutritional info may vary accordingly.

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.)

*The **SmartPoints®** values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints®** trademark.