

Southwest Chicken Kale Salad

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. Enjoy!

Nutrition Information: Per Serving

1/2 of recipe:

310 Calories
3g Fat
39g Carbohydrate
35g Protein

1/8 of recipe:

80 Calories
1 g Fat
10 g Carbohydrate
9 g Protein

#HDFiesta



Healthy Options

at Mexican Restaurants



Start with soup. Soup can help decrease calories eaten later in a meal. Paired with another appetizer or small side item (think: taco, black beans, corn on the cob), it can also make for a smaller yet satisfying meal.*

Load up on vegetables. They not only provide fiber, vitamins, minerals, antioxidants, and phytochemicals—but they fill you up without filling you out.



Fried foods are not your friends. Avoid chimichangas, gorditas, taquitos—and the fried tostada shell often served with salads.

Choose your tortilla wisely. When choosing what to wrap around your taco, burrito, or enchilada, choose soft whole grain or corn (also considered a whole grain) tortillas.



Ask for less—cheese and sour cream, that is. This will keep the flavor while lowering the amount of calories and saturated fats.

*If sodium is a concern, ask for nutrition information before ordering



Healthy Dining Finder.com

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<https://www.healthydiningfinder.com/blogs-recipes-more/Taste-of-Health.aspx>

Recipe from: <http://www.hungry-girl.com/weekly-recipes/show/ez-summer-salads>