

Southwestern Style Chicken Salad

1 1/2 cups plain Greek yogurt
1 Tablespoon lime juice
2 Tablespoons reduced-sodium taco seasoning
2 cups shredded or diced boneless skinless chicken breast, cooked
2 roma tomatoes, diced

1 orange bell pepper, diced
1 bunch green onions, chopped
1 (15 oz.) can no added salt corn, drained and rinsed
1 (15 oz.) can no added salt black beans, drained and rinsed

Instructions: In a large bowl, mix yogurt, lime juice and taco seasoning. Add remaining ingredients; stir to coat. Allow to marinate in the fridge for at least an hour. Serve on whole grain bread, tortilla chips or crackers, or over romaine lettuce.

Yield: 5 serving

Nutrition Facts (per serving): 320 calories, 7 grams fat, 210 milligrams sodium, 32 grams carbohydrate, 7 grams fiber, 34 grams protein