



Top of the Chops BBQ Chicken Salad

PER SERVING (entire recipe): 364 calories, 3.5g fat, 1,046mg sodium, 51.5g carbs, 9.5g fiber, 17g sugars, 36.5g protein
-- **PointsPlus™** value 9*



Prep: 15 minutes

Ingredients:

3 oz. cooked and chopped skinless lean chicken breast
2 tbsp. BBQ sauce with about 45 calories per 2-tbsp. serving, divided
4 cups chopped romaine lettuce
1 plum tomato, chopped
1/4 cup peeled and chopped jicama
3 tbsp. canned black beans, rinsed and drained
3 tbsp. canned sweet corn kernels, drained
2 tbsp. chopped scallions
1 tbsp. chopped cilantro
1 tbsp. chopped basil
2 tbsp. shredded fat-free cheddar cheese
5 low-fat or fat-free baked tortilla chips (like the kind by Guiltless Gourmet), broken into bite-sized pieces
2 tbsp. fat-free ranch dressing

Directions:

Place chicken and 1 1/2 tbsp. BBQ sauce in a small bowl and toss to coat. Set aside.

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

Add the saucy chicken and top with cheese and tortilla chip pieces.

Drizzle ranch dressing and remaining 1/2 tbsp. BBQ sauce over the salad and toss to mix. Serve and enjoy!

MAKES 1 SERVING



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