



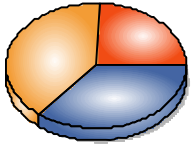
Crunchy Picante Salad

Comment: Use Roasted Chicken

By: Modified from Cooking Light by DrJez LLC

Recipe grams: 1530.03g/54.0oz

Serves 4 382.51g/13.5oz per serving



Protein: 24%
Carbohydrates: 55%
Fat: 21%

INGREDIENTS

6 cups LETTUCE, COS OR ROMAINE, RAW
4 oz TORTILLA CHIPS, BAKED, SPICY BLACK BEAN
1 cup PICANTE SAUCE
1/2 cup CHEDDAR CHEESE, SHARP, SHREDDED, REDUCED FAT
15 oz PINTO BEAN
2.25 oz OLIVE, BLACK, PITTED
1 fruit LIME, RAW
1/2 cup SOUR CREAM, NONFAT
1/2 cup CORIANDER, RAW (CILANTRO, CHINESE PARSLEY)
1 cup CHICKEN BREAST, BONELESS, ROASTED, MEAT ONLY

DIRECTIONS

Chop lettuce and combine with beans, cheese, and olives and chicken.

Combine juice from limes and remaining ingredients. Stir into mix.

Top with chips before serving.

Nutrition Facts

Serving Size: 1 serving (382.5g)
Servings: 1

Amount Per Serving

Calories 380 Calories from Fat 80

Total Fat 9g **% Daily Value*** 15%

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 40mg **15%**

Sodium 1120mg **45%**

Total Carbohydrate 55g **20%**

Dietary Fiber 10g **40%**

Sugars 8g

Protein 24g

Vitamin A 100% • Vitamin C 35%

Calcium 35% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet.