

Chicken Taco Salad

Serves 6-8

Ingredients

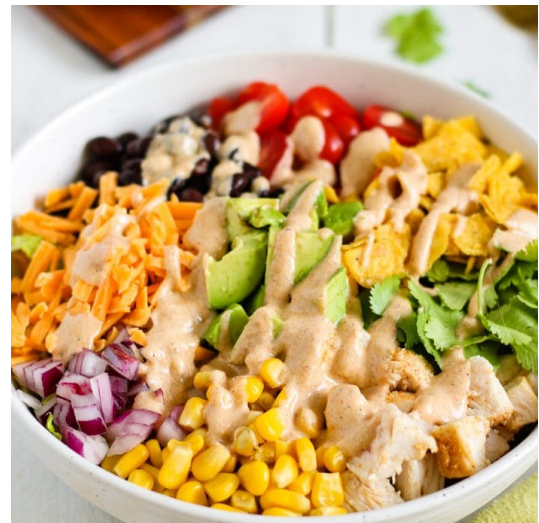
- 4 skinless boneless chicken breast
- 1-2 tbsp tex mex seasoning

Tex Mex Salad Dressing

- 1 cup plain Greek yogurt
- 3 tbsp salsa
- 1 tbsp extra virgin olive oil
- 1 tbsp honey
- juice of ½ lime (or lemon)
- 1 tsp of tex mex seasoning (see below)

Toppings

- 1-2 heads of lettuce, sliced
- Cherry tomatoes, sliced in half
- 1 can of corn, drained and rinsed
- 1 can of black beans, drained and rinsed
- ½ red onion, diced
- 1 bag of frito nachos, crushed
- Grated cheddar cheese



Directions

1. Pat dry chicken breasts with paper towel- slice in half horizontally. Transfer chicken to a plate and season on all sides with tex mex seasoning
2. Heat a large skillet over medium-high heat and add olive oil. Once the oil is shimmering, carefully add the chicken breasts and cook for 5-6 minutes on each side. Do not move it while it's cooking so that a nice golden sear forms.
3. Use a thermometer to check the internal temperature, it should reach 165 degrees. Do not let it over cook. Once cooked, let it rest for 5-10 minutes before slicing
4. Prepare dressing by mixing greek yogurt, salsa, olive oil, honey, lime juice and tex mex seasoning.
5. Once all topping ingredients are prepped, make your salad bowls by layering the romaine lettuce, cherry tomatoes, red onion, corn, black beans, grated cheese, chips, chicken and tex mex salad dressing

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Recipe adapted from: [Healthy Southwest Chicken Salad with Chipotle Southwest Dressing - Hannah Magee RD](#)

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