



## Skinny Southwest Chicken Salad

Brunch, Main Dish • Chicken, Salad, Vegetable

**Serving size:** 6 servings | **Prep time:** 15 mins

### Ingredients

1 1/2 cups Plain Greek Yogurt  
2 tablespoons Taco seasoning  
2 cups shredded or diced boneless skinless chicken breast  
2 Roma tomatoes (seeded and diced)  
1 bunch green onions (chopped)  
1 cup diced mini sweet peppers (or 1 large bell pepper (any color))  
15 ounce can black beans (drained and rinsed)  
15 ounce can corn (drained)  
Salt (to taste)  
Black pepper (to taste)

### Directions

1. Mix yogurt, taco seasoning, lime juice, salt and pepper in a small bowl and set aside while you prep the rest of your ingredients. \*Adjust the salt, pepper and lime juice to your liking - taste as you go.
2. Add chicken, vegetables, and beans in a large bowl. Season with a couple pinches of salt and stir to combine.
3. Add yogurt mixture to the chicken and veggies and gently combine until well mixed.
4. Taste and adjust seasonings as needed.
5. Can be served immediately, but if possible, refrigerate for 1-3 hours to allow flavors to meld together. Can be made up to 24 hours in advance.

Lime juice (to taste)

## Nutrition

Amount per serving

Serving size: 1 cup

Calories: 233

Total Fat: 4g

Saturated Fat: 1g

Cholesterol: 35mg

Sodium: 539mg

Total Carbohydrate: 27g

Dietary Fiber: 6g

Sugars: 5g

Protein: 23g