

# Mexican Salad

**Servings: 4**

## Ingredients

1 can (10 oz.) Chicken  
1 can (14.25 oz.) pinto beans  
1 can (4 oz.) Green Chiles  
1½ cups chopped onion (1 large)  
6 oz. chopped Romaine (about 1 head of a 3-head Hearts of Romaine bag)  
1 medium Tomato, cut into small wedges  
1 can (2.25 oz.) Black Olives, sliced  
1/3 c. light sour cream (the brand I use is 35 calories for 2 Tbl.)  
1/3 c. salsa (I prefer the fresh dairy case style, but use whatever I have on hand)  
1 medium avocado, diced

## Directions:

1. Sauté onions over medium for 3- to 4-minutes
2. Add chicken, pinto beans, and green chilies. Turn to medium-low while you prepare the fresh part of the salad.
3. Cut, wash and dry (salad spinner) 1 head of Romaine (from 3-head bag)
4. Add remaining ingredients: Tomato, olives, avocado, sour cream and salsa, and toss well.
5. Divide salad between four plates, and top each with ¼<sup>th</sup> of the sautéed chicken mixture.

## Optional add-ons: (not included in Nutrition data)

1 oz. tortilla chips

## Nutrition: (Serving size: ¼<sup>th</sup> Recipe)

<i>Calories:</i> 358	<i>Protein:</i> 26.9g	<i>total carbohydrate:</i> 33.5g	<i>total fat:</i> 14.6g
<i>sugars:</i> 8g	<i>sodium:</i> 846mg	<i>dietary fiber:</i> 11.5g	<i>saturated fat:</i> 3.2g