



Chipotle Chicken Salad

Makes 4 Servings

This chicken salad looks and tastes good enough to be served at a restaurant, but it has been adapted for guilt-free enjoyment.

4 boneless, skinless chicken breast halves (about 4 ounces each), all visible fat discarded, halved lengthwise
1 cup frozen whole-kernel corn
1 cup canned no-salt-added black beans, rinsed and drained
1/3 cup chopped red onion
1/2 cup shredded fat-free Cheddar cheese
1/2 cup loosely packed cilantro
1/4 cup fat-free plain yogurt
1/4 cup light mayonnaise
1 tablespoon canned chipotle pepper in adobo sauce
1 tablespoon fresh lime juice
4 cups torn leafy salad greens
1/2 cup crushed baked tortilla chips

Preheat the oven to 425°F.

Lightly spray two baking sheets with cooking spray. Put the chicken on one baking sheet. Spread the corn in a single layer on the other.

Bake both for 16 minutes, or until the chicken is no longer pink in the center and the corn is roasted and slightly crunchy, turning the chicken over and stirring the corn halfway through.

Let the chicken cool slightly, about 2 minutes, or until easy to handle. Cut into bite-size pieces. In a large bowl, gently toss the chicken, corn, beans, onion, and Cheddar.

In a blender, pulse the cilantro, yogurt, mayonnaise, chipotle and sauce, and lime juice until well blended. Pour over the chicken mixture and toss gently to combine.

Put the salad greens on plates. Spoon the chicken salad over the greens. Garnish with the tortilla chips.

Cook's Tip: Chipotle peppers are dried, smoked jalapeño peppers. Some are canned in spicy adobo sauce. For this recipe, use one canned pepper and some of the sauce. You can freeze the remaining peppers. Spread them in a single layer on a tray lined with wax paper. Spoon some sauce over each pepper. Freeze just until firm. Transfer the frozen peppers and sauce to an airtight freezer container or bag. Because the peppers are frozen individually, it will be easy to remove just the number you need for a recipe. Let them thaw in the refrigerator for a few hours, or until icy, then chop or use whole, as directed in the recipe.

Nutritional Analysis

One Serving = 1 cup chicken salad and 2 cup salad greens per serving

Calories 338

Fat 7.5 g

 Saturated Fat 1.5 g

 Trans Fat 0.0 g

 Polyunsaturated Fat 3.5 g

 Monounsaturated Fat 2.0 g

Cholesterol 72 mg

Sodium 389 mg

Carbohydrates 32 g

 Fiber 6 g

 Sugars 6 g

Protein 36 g

Diabetic Exchanges: 2 starch, 4 lean meat