

SOUTHWESTERN CHOPPED CHICKEN SALAD



Ingredients

- 2 cups shredded chicken
- 1 green bell pepper, diced
- 1 can black beans, rinsed
- 1 can sweet yellow corn (or 1 cup frozen corn, thawed)
- 1/2 cup grape tomatoes, diced
- 4 green onions, sliced
- 1 head ice berg lettuce, washed and chopped
- 1/4 cup cilantro, chopped
- 2 ripe avocados, diced
- 1 cup crushed tortilla chips (blue chips are tasty)

Dressing:

- 1/2 cup light sour cream
- 2/3 cup Greek yogurt
- 1 tsp garlic powder
- 1 tbsp taco seasoning (or make your own cumin, chili powder, oregano)

Directions

- ✓ In a large bowl, combine all salad ingredients together, excluding the tortilla chips.
- ✓ In a small bowl stir all dressing ingredients together.
- ✓ Pour dressing over salad, starting with about half of the dressing. Toss to combine, then gradually add more dressing until it is dressed to your liking.
- ✓ Top with tortilla chips

Gina's Gem



*I shared this dish at recent outing and everybody loved it!
Yummy and healthy!*