BBQ Chicken Salad
Servings 4 | Prep time 20 mins. | Total time 20 mins.

Equipment: Colander, Cutting board, Paper towels, Measuring cups, Large bowl, Small bowl

Utensils: Knife, Whisk or fork, Tongs or fork to toss salad

Ingredients

For the dressing:
1 cup fat-free plain yogurt
1/2 cup BBQ sauce
2 tablespoons ranch dressing mix
1 tablespoon water

For salad:
1 pound cooked, cooled chicken
2 heads romaine lettuce
4 Roma tomatoes (or other variety)
1 15 ounce can black beans
1 cup frozen corn, thawed
1 cup reduced fat shredded cheddar cheese
Instructions

For the dressing:

1. Add yogurt, BBQ sauce, and ranch dressing seasoning to a small bowl and whisk with a whisk or fork to combine.

2. Add water. Whisk until dressing reaches desired consistency.

For the salad:

1. Before you begin, wash your hands, surfaces, utensils, and vegetables.
2. Dice chicken and add to a large bowl.
3. Chop lettuce into 1/2 inch pieces and add to bowl.
4. Dice tomatoes into 1/4 inch chunks; pat dry with a paper towel to remove excess moisture and add to bowl. Add thawed frozen corn to bowl.
5. Drain and rinse black beans, shake off excess moisture, and add to bowl.
6. Toss salad and dressing together and top with shredded cheese.

Nutritional Information:
Calories 510  Total Fat 7g  Sodium 1380mg  Total Carbs 62g  Protein 51g