Southwestern Chopped Chicken
Cheap, Fast and Healthy, April 23, 2013

Ingredients:
For the salad
- 2 cups shredded chicken (about 2 chicken breasts)
- 1 green bell pepper, diced
- 1 can black beans, rinsed (reduced sodium)
- 1 can sweet yellow corn, drained (no salt added)
- 2 Roma tomatoes, diced
- ¼ cup cilantro, chopped
- 1 cup crushed blue corn with flax seed tortilla chip
For the dressing:
- 8-9 oz. Non-fat, plain Chobani Greek Yogurt
- 1 tbsp. (approx. 1 packet) ranch seasoning dry mix
- 1 tbsp. taco seasoning

Directions:
1. In a large bowl, combine all salad ingredients together, excluding tortilla chips
2. In a small bowl stir all dressing ingredients together.
3. Pour dressing over salad, starting with about half the dressing.
4. Toss to combine then gradually add more dressing until it is dressed to your liking.
5. Top with Tortilla chips. Enjoy!

*Optional add-ins: may use tortilla shells to eat as a wrap, avocado, green onion, romaine lettuce, or any vegetable you want, or cheese