

Cilantro Chicken Salad

Servings: 2

RECIPE BOX

INGREDIENTS

For the chicken:

2 MEDIUM CHICKEN BREASTS
1 TBSP HOMEMADE TACO SEASONING
1/2 TSP CUMIN
1/4 TSP SALT
JUICE OF 1/2 LIME
1 TBSP OLIVE OIL

For the salad:

2 CUPS MIXED GREENS
1 RIPE AVOCADO
1 MED TOMATO, DICED
1/2 CUP BLACK BEANS, RINSED
1/2 CUP CORN, RINSED
1/4 CUP CILANTRO

Cilantro Dressing:

HOMEMADE RANCH DRESSING OR
Store-Bought Cilantro Lime dressing



DIRECTIONS

STEP 1: In a medium zip lock bag, place chicken breasts, seasoning, cumin, salt, lime juice, and olive oil. Shake until combined and coated. Marinate minimum of 10 minutes.

STEP 2: Heat a heavy skillet to medium high heat. Add 1 tsp oil, cook chicken 4-5 minutes on each side. Allow to rest in pan for at least 5 minutes before cutting.

STEP 3: Layer salad mix, toppings, then add chicken and dressing just before serving.

GF This recipe is gluten free as written.

V Substitute chicken with chickpeas, rinsed

Nutrition per Serving: Calories 323, Fat 15.8g, Carbs 24g, Fiber 8g, Sugars 4.2g, Protein 23g

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