



WESTERN WISCONSIN HEALTH

CHICKEN FIESTA SALAD

- 2-6 oz. skinless, boneless chicken breast halves
- 1-1.4 oz. packet dry fajita seasoning, divided
- 1 T. canola oil
- 1-15 oz. can black beans, rinsed and drained
- 1-15 oz. can Mexican-style corn
- 1/2 C. salsa
- 1-10 oz. pkg. mixed salad greens
- 1 onion, chopped

Nutrition Facts

Serving Size (473g)
Servings Per Container

Amount Per Serving

Calories 380 **Calories from Fat 60**

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 55mg **18%**

Sodium 1990mg **83%**

Total Carbohydrate 54g **18%**

Dietary Fiber 10g **40%**

Sugars 11g

Protein 30g

Vitamin A 50% • Vitamin C 30%

Calcium 6% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Rub chicken evenly with half the fajita seasoning. Heat the oil in a large skillet over medium heat and cook the chicken 8 minutes on each side, or until juices run clear; set aside. When cool, cut into strips. In a large saucepan, mix beans, corn, salsa and other half of fajita seasoning. Heat over medium heat until warm. Prepare the salad by tossing the greens and onion. Top salad with chicken and dress with the bean and corn mixture. Recipe note: A 3-ounce serving of chicken breast has 140 calories, 26 grams protein, no cholesterol and 3 grams fat.

NUTRITION FACTS: Serving size: 4 servings