



Southwest Chopped Salad with Creamy Sriracha Dressing

INGREDIENTS (Yield: 4)

For the dressing:

- 1/3 cup reduced-fat sour cream
- 1/4 cup reduced-fat mayonnaise
- 3 tablespoons lime juice
- 2 tablespoons golden balsamic vinegar
- 1 tablespoon honey
- 1 to 2 teaspoons Sriracha sauce (to taste)
- 1/8 teaspoon ground cumin
- 1/8 garlic powder
- 1/8 teaspoon salt
- 1/8 teaspoon ground black pepper

For salad:

- 6 cups chopped romaine lettuce
- 3/4 cup canned black beans, drained and rinsed
- 3/4 cup chopped red bell pepper
- 3/4 cup frozen corn, thawed
- 3/4 cup diced celery
- 1/2 cup chopped avocado
- 1/4 cup diced red onion
- 12 ounces grilled chicken breasts (about 4), diced

NUTRITION INFORMATION: 440 Calories; 3 grams Fat; 1-gram Saturated Fat; 123 mg Cholesterol; 465 mg Sodium; 19 grams Carbohydrates; 1.5 grams Fiber; 4.5 grams sugar; 34 grams Protein

DIRECTIONS

1. To prepare dressing, whisk together sour cream, mayonnaise, lime juice, vinegar, honey, Sriracha sauce, cumin, garlic powder, salt, and black pepper.
2. Wash and dry all produce. Drain and rinse black beans.
3. Season chicken as you like and grill chicken breasts until internal temperature reaches 165 Fahrenheit.
4. Once dry, place lettuce in a large bowl and top with black beans, red pepper, corn, celery, avocado, onion and chicken.
5. Pour dressing over salad and toss to coat. Divide into 4 bowls.