

Aurora's Taco Salad

From the kitchen of Aurora Rodriguez, Eagle Pass

Preparation time: 40 minutes

Number of servings: 6

Ingredients:

1 chicken breast with skin and bones removed

½ head green leaf lettuce, chopped

2 medium tomatoes, chopped

½ pint mushrooms, sliced

½ cup kidney beans, water drained

1 small package of alfalfa sprouts

½ cup mozzarella cheese

½ cup light Italian dressing

Preparation:

1. Boil chicken breast until fully cooked. Cut vegetables while chicken is cooking.
2. When chicken cools, cut into small, thin strips.
3. Mix all vegetables together in a large bowl. Add beans chicken and cheese.
4. Add light Italian dressing to salad.

Nutrition information per serving:

FAT: 25% of calories from fat (low)

FIBER: 3 grams (high)

CALORIES: 132



TIP

*Great with low-fat chips and Lupe's Pico de Gallo.
Try making your own dressing with vinegar and a little oil.*