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.