



SOUTHWEST CHOPPED SALAD WITH CREAMY SRIRACHA DRESSING

ingredients:

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| 1/3 cup reduced-fat sour cream | 6 cups chopped romaine lettuce |
| 1/4 cup reduced-fat mayonnaise | 3/4 cup canned black beans,
drained and rinsed |
| 3 Tablespoons lime juice | 3/4 cup diced red bell pepper |
| 2 Tablespoons golden balsamic
vinegar | 3/4 cup frozen corn, thawed |
| 1 Tablespoon honey | 3/4 cup diced celery |
| 1 to 2 teaspoons Sriracha sauce | 1/2 cup chopped avocado |
| 1/8 teaspoon ground cumin | 1/4 cup diced red onion |
| 1/8 teaspoon garlic powder | 12 ounces grilled chicken breasts,
diced |
| 1/8 teaspoon salt | |
| 1/8 teaspoon ground black
pepper | |

directions:

1. To prepare dressing, whisk together sour cream, mayonnaise, lime juice, vinegar, honey, Sriracha sauce, cumin, garlic powder, salt, and black pepper.
2. Place lettuce in a large bowl and top with black beans, red pepper, corn, celery, avocado, onion and chicken. Pour dressing over vegetables and toss to coat. Serve.

Yield: 4 servings

Nutrition Information Per Serving:

348 Calories
7 grams Fat
1.5 grams Saturated Fat
91 mg Cholesterol
384 mg Sodium
32 grams Carbohydrates
6 grams Fiber
39 grams Protein

Food exchanges: 4 lean
meat, 3 vegetables, 1 fat



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