



Tex Mex Chicken Salad

Active Time: 20 minutes | **Total Time:** 40 minutes | **Serves:** 4

Nutrition Information Per Serving

361.3 calories, 20.91 g carbohydrate, 6.96 g fiber, 13.95 g NET carbs, 38.03 g protein, 12.32 g fat

Ingredients

- 1 can Eden Foods Black Beans
- 2 -8oz. breast(s) pasture-raised chicken
- 1 clove organic garlic
- 2 head(s) organic Romaine lettuce, chopped
- 1/2 medium(s) organic red onion, diced
- 1 medium organic tomato, diced
- 1/2 tsp(s) sea salt
- 4 Tbsp(s) organic sour cream
- 2 Tbsp(s) organic lime juice
- 2 ounce(s) organic cheddar cheese, grated
- 1/4 tsp(s) freshly ground black pepper
- 1 Tbsp organic extra virgin olive oil
- 1/4 tsp(s) organic chili powder
- 1/4 cup(s) cilantro, finely chopped

Preparation

1. First, poach chicken. Place chicken breasts in a pot in a single layer. Add filtered or spring water to cover the chicken by 1 inch. Bring the water to a boil. Reduce heat to a low simmer and partly cover the pot. Cook for 10 minutes, turn off the heat, and allow chicken to finish cooking in the hot water for 10 more minutes or until juices run clear.
2. Drain and rinse black beans.
3. Mix lime juice, chili powder, salt, pepper, oil and cilantro in a small bowl. Set aside.
4. Chop cooled chicken into bite-sized pieces.
5. Place lettuce on serving plates. Top evenly with black beans, chicken, tomatoes, onion, cheese and sour cream. Drizzle with dressing.
6. Serve.

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