



Southwest Chicken Salad with Creamy Dressing

Active Time: 10 minutes | **Total Time:** 10 minutes | **Serves:** 1

Nutrition Information Per Serving

316.8 calories, 20.63 g carbohydrate, 7.88 g fiber, 12.75 g NET carbs, 26.33 g protein, 15.76 g fat

Ingredients

- 1/2 tsp(s) Real Salt
- 1 Tbsp Primal Kitchen Mayonnaise
- 1 clove garlic, minced
- 1 medium red bell pepper, finely diced
- 1 small plum organic plum tomato, seeded and diced
- 1/2 small(s) organic red onion, finely chopped
- 2 Tbsp(s) finely chopped cilantro
- 1/2 tsp(s) fresh ground pepper, to taste
- 1/4 tsp(s) chili powder
- 1/4 tsp(s) cumin, ground
- 1 head organic Romaine lettuce, chopped
- 1/2 cup(s) cooked and shredded pastured chicken breast
- 1 tsp organic fresh lime juice

Preparation

1. Combine the chicken, onion, tomato, garlic, cilantro, bell pepper, and seasonings in a large bowl and toss.
2. Whisk the mayo with the lime juice and toss with the chicken-veggie mixture.
3. Season with salt and pepper.
4. Mix well and serve over the lettuce.

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