

## Light Barbeque Chicken Salad

Serving Size: 1/8 of the recipe

Serves: 8

### Ingredients

1 (12 oz can) whole kernel corn  
1 teaspoon light olive oil  
¼ small onion, diced  
1 clove garlic, minced  
2 skinless, boneless chicken breast halves  
½ cup fat free ranch dressing  
2 tablespoons sauce from canned chipotle peppers in adobo sauce  
1 (15 oz can) unsalted black beans or  
3 cups cooked and drained unsalted black beans  
1 medium tomato, chopped  
1 head red leaf lettuce  
1 head green leaf lettuce  
2 tablespoons fresh cilantro, chopped

### Directions

Spray a medium skillet with cooking spray.

Roast the corn in the pan over high heat stirring constantly until slightly browned. Set aside.

Reduce the heat on the skillet. Heat the oil. Sauté the onion and garlic until soft and remove.

Add the chicken breast and cook 6 minutes per side or until juices run clear. Remove from heat, cool and slice.

In a large bowl mix the ranch dressing and chipotle pepper sauce. Add the corn, beans and tomato and stir to coat.

Gently fold in the lettuce and cilantro.

Serve the salad with the chicken slices on top.

### Exchanges per serving:

1 Lean Meat, 1 Starch, 2 Vegetable

### Nutrients per serving:

Calories: 180

Calories from fat: 18

Total Fat: 2g

Saturated Fat: 0g

Cholesterol: 18mg

Sodium: 245mg

Carbohydrate: 27g

Dietary Fiber: 7g

Protein: 15g