

Chipotle Chicken Salad

Servings: 4-6

Prep: 5 minutes Cook: 25 minutes Ready: 30 minutes

Recipe courtesy of **Prescribe Nutrition**

What you'll need







cups





large bowl

skillet

Ingredients

Chicken Salad

3 chicken breasts, shredded poached, grilled, or rotisserie

2 cups fresh spinach torn into small pieces

1 cup corn, frozen or thawed

1 cup grape tomatoes sliced in half

½ cup red onion small diced

½ cup fresh parsley chopped

1 lime juiced

Pinch sea salt

1 tsp avocado oil or olive oil

Chipotle Mayo

1 cup mayonnaise (non-dairy for P20)

1 chipotle pepper in adobo sauce

1 Tbsp honey

1 lime juiced

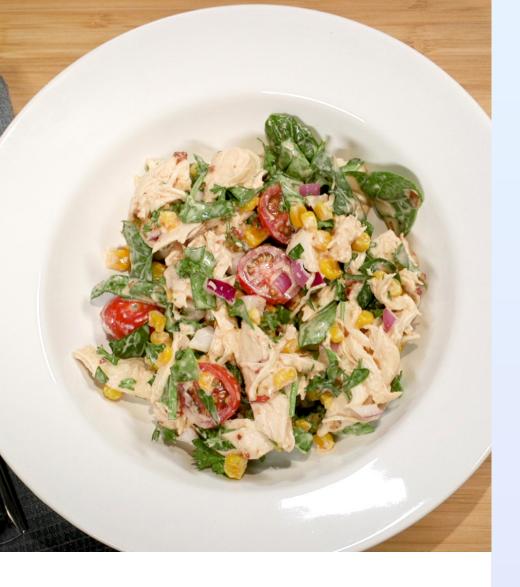
1 tsp garlic powder

½ tsp cumin

1 tsp salt

Directions

- 1. Blend the ingredients for the mayo until smooth and incorporated, then set aside.
- 2. Heat the oil (1 tsp) in a skillet over medium, and "toast" the corn (1 cup) until golden on all sides, about 5 minutes.
- Place all the ingredients for the chicken salad in a large bowl.
 Give it a good stir, then add the mayo and stir until everything is coated.
- 4. Serve cold with a side of chips or as an appetizer.



Nutrition Facts

Servings 4

Amount Per Serving

Calories	476
%	Daily Value
Total Fat 24.3g	31%
Saturated Fat 3g	15%
Cholesterol 106mg	35%
Sodium 1236mg	54%
Total Carbohydrate 34	.2g 12 %
Dietary Fiber 4.1g	15%
Sugars 12g	
Protein 33.4g	
Vitamin D Omcg	0%
Calcium 66mg	5%
Iron 4mg	20%
Potassium 933mg	20%



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