

Chicken and Black Bean Salad



- 2 cups rotisserie chicken, white meat, chopped
- 1 15-ounce reduced sodium black beans, rinsed and drained
- 1 red pepper, chopped
- 1 cup fresh salsa
- 6 cups baby spinach, washed
- 4 tbsp fat-free sour cream (optional)

In a large bowl, combine chicken, black beans, pepper and salsa. Place 1 cup of baby spinach on each of four plates. Top with chicken and black bean salad mix. Add 1 tbsp sour cream if desired, and as an optional extra, a handful of baked tortilla chips. Makes 6 servings.

Nutrition information per serving: 197 calories, 27 grams protein, 3 grams fat, 15 grams carbohydrate, 355 mg sodium.