

## TACO SALAD

**Prep Time:** 7 minutes  
*\*No cook time needed*

**Included in Box:**

- ¼ c. canned no salt black beans, drained and rinsed
- ½ can chicken, drained
- ¼ c. low sodium diced tomatoes

**Additional Ingredients Needed:**

- 2 c. romaine lettuce, chopped
- 2 T shredded cheese (preferably reduced fat)
- ½ small onion (~¼ c.), diced
- 1 T lime juice
- ½ tsp chili powder

**Directions:**

1. Add black beans, chicken, diced tomatoes, onion, lime juice and chili powder in bowl; mix to combine.
2. Wash and dry lettuce. Add lettuce to bowl and top with shredded cheese.

**Tip:** Add dried or fresh cilantro or avocado slices for extra flavor!



**Nutrition Facts\***

**Total Servings:** 1  
**Serving Size:** 3 c.  
**Calories:** 238 kcal  
**Fat:** 4.5 g  
**Sodium:** 568 mg  
**Carbohydrates:** 22.5 g  
**Fiber:** 7.5 g  
**Protein:** 25 g  
**Carbohydrate Servings:** 1 ½

*\*Nutrient facts include 2.5 oz premium canned chicken chunks in water (drained), 50% less sodium black beans, fresh romaine lettuce (chopped), Kraft shredded sharp cheddar cheese, fresh lime juice, small white onion, and chili powder.*