



Chipotle Chicken Salad

Servings: 4-6

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

Recipe courtesy of
Prescribe Nutrition

What you'll need



measuring spoons



measuring cups



blender



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.
3. 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 0mcg **0%**

Calcium 66mg **5%**

Iron 4mg **20%**

Potassium 933mg **20%**



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