

Grilled Chicken Taco Salad Bowls

Prep: 25 minutes | Cook: 15 minutes | Total: 40 minutes

Yield: 4 servings | Serving Size: 1 salad with toppings and dressing

Ingredients

1 tablespoon olive oil
4 tablespoons (¼ cup) lime juice, divided (about 2 limes)
½ teaspoon ground cumin
½ teaspoon paprika
¼ teaspoon garlic powder
¼ teaspoon onion powder
¼ teaspoon dried oregano
4 (4- to 6-ounce) boneless skinless chicken breasts (about 1 pound)
½ cup plain nonfat Greek yogurt (about one 5.3-ounce container)
¼ cup chopped fresh cilantro
¼ teaspoon salt
¼ teaspoon ground black pepper
8 cups chopped romaine lettuce
1 cup diced tomato (about 1 medium tomato)
1 cup fresh or frozen corn kernels, thawed if frozen
1 (15-ounce) no-salt-added black beans, drained and rinsed
1 medium avocado, sliced or diced
½ medium onion, thinly sliced (about 1 cup)

Directions

1. In a medium mixing bowl, whisk together the oil and 2 tablespoons of the lime juice.
2. Add the cumin, paprika, garlic powder, onion powder, and oregano. Stir to combine.
3. Pat the chicken dry with paper towels, then add to the bowl and toss to coat. Set aside.
4. Preheat the grill to medium-high (about 400°F) or a grill pan on the stovetop over medium-high heat.
5. When the grill or grill pan is hot, add the chicken and cook through (internal temperature of 165°F), about 4-7 minutes on each side.
6. Transfer the chicken to a cutting board and let rest for 5-7 minutes, then cut into bite-sized strips or cubes.
7. While the chicken rests, in a small bowl, stir together the Greek yogurt, cilantro, salt, black pepper, and remaining 2 tablespoons of lime juice to make a dressing.
8. Gather four serving bowls and add 2 cups of the lettuce, ¼ cup of the tomato, and ¼ cup of the corn to each .
9. Top each bowl with a quarter of each of the following: black beans (~⅓ cup each), avocado (~¼ cup each), onion (~¼ cup each), and dressing (~2 tablespoons each).
10. Divide the chicken between the bowls
11. Serve right away.

**Nutrition Facts Per Serving: Calories: 455 | Total Fat: 16 g | Saturated Fat: 3 g
Sodium: 250 mg | Total Carbohydrate: 37 g | Dietary Fiber: 16 g | Protein: 40.5 g**

For more recipes, please visit www.nutrition.va.gov



VA | U.S. Department
of Veterans Affairs