

Fiesta Chicken Salad

Shredded Lettuce to desired amount

Diced tomatoes

Diced onions

Diced black olives

Mozzarella cheese (fat free)

Dab of sour cream (light or fat free)

2tbs. Salsa

1- 3 oz. grilled chicken diced

Tortilla chips (small handful)

Mix together or arrange in layers. Enjoy an easy, filling Mexican salad.

Each big bowl of this is approximately 230 calories