

INGREDIENTS FOR 6 SERVINGS

Dressing:

2/3 Cup Light or Fat Free Sour Cream

½ Teaspoon Garlic Powder

1 Lime, Juiced

½ Teaspoon Cumin

½ Teaspoon Chili Powder

Salt to Taste

Salad:

4 Cups Shredded Romaine

2 Cups Chicken, Cooked and Chopped

1 Pint Cherry Tomatoes, Halved

1 Avocado, Thinly Sliced

1/3 Cup Red Onion, Thinly Sliced

1 Can Black Beans, Drained and Rinsed

1 Can Corn, Drained

PREPARATION

Prepare dressing in the bottom of a large salad bowl. Whisk together ingredients. Add all salad ingredients to the bowl and toss. Serve immediately.

Garnish with Cilantro, and Tortilla Chips if desired.



Tecate

