

Chipotle Fried Chicken Salad



Totals per salad:

Calories 302 Fat 6.4g Fiber 3.4g Carbs 22g

What you'll need:

- 2 Cups Romaine lettuce (or your favorite lettuce)
- 1 Bag reduced fat tortilla chips (read the Nutrition Facts for serving size. We want 70 calories ultimately for our salad.)
- 1 Medium tomato chopped
- ¼ Cup chopped onion
- 4 Ounces KLW Faux Fried Chicken (see recipe)
- ¼ Cup KLW Fat Free Chipotle salad dressing (see recipe)

Large, single serve salad bowl. This is a big salad.

Let's get to cooking!

1. Place lettuce in salad bowl.
2. Place the chips around the edge of the bowl between the lettuce and the bowl.
3. Top lettuce with tomato and onion.
4. Chop fried chicken and lay on top (heat in a microwave if not hot).
5. Top with KLW Chipotle Dressing and if desired, one T fat free sour cream.

Another **Kitty's Lighter Weigh** recipe!