

## Taco Chicken Salad



### Totals per salad:

Calories 330   Fat 5.5g   Fiber 2.5g   Carbs 23.5g

### *What you'll need:*

- 2 Cups Romaine lettuce
- 1 Bag reduced fat tortilla chips (read the Nutrition Facts for serving size. We want 70 calories ultimately for our salad.)
- ½ Can artichoke hearts packed in water
- ¼ Cup fat free zesty Italian salad dressing
- ¼ Cup fat free shredded cheddar cheese
- 4 Ounces cooked boneless skinless chicken breast
- ½ Cup fresh salsa (store bought, but in the refrigerated section)
- 2 T fat free sour cream (optional – but I use it and included it in your calorie count)

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. Chop artichoke hearts and place on top of lettuce.
4. Drizzle Italian dressing on salad.
5. Sprinkle fat free cheese as next layer.
6. Chop chicken and lay on top (heat in a microwave if not hot).
7. Top with Salsa and if desired, sour cream

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