

Chipotle Chicken Taco Salad

Makes 4 Servings

Ingredients:

1/3 cup chopped fresh cilantro
2/3 cup fat-free sour cream
1 tablespoon minced chipotle chile canned in adobo sauce
1 teaspoon cumin ground
1 teaspoon chili powder
4 teaspoons fresh lime juice
1/4 teaspoon salt

Directions:

To prepare dressing, combine the first 7 ingredients, stirring well.
To prepare salad, combine lettuce and remaining ingredients.
Drizzle dressing over salad; toss gently to coat. Serving immediately.

Nutrition Facts	
5 servings per container	
Serving size	(329g)
Amount per serving	
Calories	270
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 430mg	19%
Total Carbohydrate 31g	11%
Dietary Fiber 9g	32%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 25g	
Vitamin D 0mcg	0%
Calcium 114mg	8%
Iron 3mg	15%
Potassium 788mg	15%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Family Conversation Starter:

Where is your favorite place to visit and why?

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