

Blue Corn Crusted Chicken Taco Salad + Cumin Lime Dressing

Makes 4 salads... great for lunches during the week or feeding your family!

4 boneless, skinless chicken breasts (4-6 ounces each)
1 egg white, beaten slightly
3/4 cup blue corn tortilla chips, crushed
1 tablespoon chili powder
Canola oil spray
6 cups romaine lettuce
1 large haas avocado
8 oz cherry tomatoes, cut in 1/2
1/3 cup sharp cheddar to sprinkle
4 tbsp Greek yogurt or non-fat sour cream
Salt and pepper

For the dressing, whisk to combine...

Juice of 2 limes
1/2 cup olive/canola oil
1 tsp cumin
1/2 tbsp honey
1/2 tsp dijon mustard
Salt and pepper to taste

Preheat the oven to 400°F.

Coat a 13x9 pan with canola oil spray. Dip the chicken into the egg white. Combine the chips with the chili powder, press mixture into chicken, and arrange in the pan, leaving space between each piece. Lightly coat the chicken with canola oil spray and sprinkle with 1/8 teaspoon salt. Place the pan in the oven and bake for about 15-20 minutes, or until the juices run clear.

Meanwhile, arrange salad with romaine lettuce, tomatoes, and 1/4 sliced large avocado. Slice chicken breast and arrange on salad. Top with dressing, cheddar, and dollop of Greek yogurt/sour cream.

Serving size- 2 cups salad and 1 chicken breast with 2 tbsp dressing

Adapted from LivingWell at Market Street

By Jenny Hagendorf MS, RDN, LD, CSO
www.mynutritionstudio.com