

Southwestern Chicken Salad

A very easy and quick dry spice rub works great with this flavorful grilled chicken dish.

- 3 tablespoons olive oil
- 1 tablespoon red wine vinegar
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1/2 teaspoon chili powder
- 1/2 teaspoon ground cumin
- 1/2 teaspoon salt
- 3 boneless, skinless chicken breast halves, with out tenderloins (see cooking tips) about 12 ounces
- olive oil non-stick cooking spray
- 1 large tomato, cut in large chunks
- 1 8 ounce bag assorted lettuce mix
- 1 cup fresh or canned corn kernels
- 1/2 cup chopped cilantro

Heat grill. Whisk olive oil, vinegar , salt and pepper together to make the vinaigrette dressing in a large bowl until thoroughly blended. Mix chili powder, cumin and salt. Rub on chicken, then coat chicken with olive oil cooking spray. Grill, turning once, 10 minutes or until cooked through. Transfer to cutting board and cut into bite size pieces. Add to dressing along with the remaining ingredients. Toss to mix and coat well.

Servings: 4

Nutrition Facts

Serving size: 1 serving

Percent daily values based on a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving	
Calories	243.81
Calories From Fat (46%)	112.91
% Daily Value	
Total Fat 12.74g	20%
Saturated Fat 1.84g	9%
Cholesterol 51.33mg	17%
Sodium 604.77mg	25%
Potassium 497.00mg	14%
Carbohydrates 10.83g	4%
Dietary Fiber 2.06g	8%
Sugar 2.49g	
Sugar Alcohols 0.00g	
Net Carbohydrates 8.77g	
Protein 22.24g	44%

Ingredient Links

In order to calculate nutrition information for a recipe using its ingredients the recipe ingredients need to be linked to the ingredients in the ingredient database. The table below shows how the recipe ingredients are currently linked.

Recipe Ingredient	Linked To
3 tablespoons olive oil	3 x 1 tablespoon of Oil, olive, salad or cooking
1 tablespoon red wine vinegar	1 x 1 tablespoon of Vinegar, red wine
1/4 teaspoon salt	0.25 x 1 teaspoon of Salt, table
1/4 teaspoon freshly ground black pepper	0.25 x 1 teaspoon of Spices, pepper, black
1/2 teaspoon chili powder	0.50 x 1 teaspoon of Spices, chili powder
1/2 teaspoon ground cumin	0.50 x 1 teaspoon of Spices, cumin seed
1/2 teaspoon salt	0.50 x 1 teaspoon of Salt, table
3 boneless, skinless chicken breast halves, with out tenderloins (see cooking tips) about 12 ounces	3 x 1/2 breast, bone and skin removed of Chicken, broilers or fryers, breast, meat only, raw
olive oil non-stick cooking spray	6 x 1 second spray of Cooking spray, vegetable oil
1 large tomato, cut in large chunks	1 x 1 large whole (3" dia) of Tomatoes, red, ripe, raw, year round average
1 8 ounce bag assorted lettuce mix	1 x 1 cup of Lettuce, mixed greens, raw
1 cup fresh or canned corn kernels	1 x 1 cup of Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt
1/2 cup chopped cilantro	0.50 x 1 cup of Cilantro (Chinese parsley), raw

Cooking Tips

The tenderloin (also called tender) is the strip of meat sometimes left on a chicken breast after boning. If attached, pull it off and save it for later use.

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