



Southwestern Chicken Salad

Sunday morning I prep much of my food for the coming week. This allows me to be able to reach into the refrigerator and have a high protein meal without thinking much about it. This Sunday's lunch "concoction" is a tasty chicken salad. If I am pressed for time in the evening I might throw this over greens, and call it dinner.

Ingredients:

- 2 12-½ ounce cans of chicken breast packed in water drained and rinsed
- 6 Tablespoons Dannon Oikos Greek yogurt roasted red pepper dip
- 2 Tablespoons Fage 0% Greek yogurt
- 1 teaspoon chili powder
- ½ teaspoon cumin
- Handful of baby spinach chopped
- 4 mini sweet peppers chopped
- ¼ cup chopped jicama

Directions:

1. In a large bowl mix together all ingredients until well blended.

Nutrition: Makes 4 generous servings of

- **147 calories**
- **26 grams protein each**