

Chili Verde Taco Salad

Ingredients

- 3-1/8 tsp onion, chopped
- 3-1/8 tsp garlic, chopped
- 3/8 tsp vegetable oil
- 6 tbsp water
- 1/8 tsp chicken base, low sodium
- 6-3/8 tsp salsa verde sauce
- 3-1/8 tsp green chili pepper
- 10 oz cooked fajita chicken strips
- 3-1/8 tsp sour cream, fat free
- 1-5/8 tsp lime juice
- 3-1/8 tsp cilantro, chopped
- 8-5/8 oz tortilla chips
- 1 head romaine lettuce

Notes

Number of Portions: 4

Serving Size: 1/2 cup

Nutrition Facts: 370 calories,
10.06 g fat, 2.63 g saturated fat,
843 mg sodium, 52.27 g
carbohydrate, 5.57 g fiber, 2.5 g
sugar, 18.58 g protein

Directions

1. In a large pot over medium heat, sauté onions and garlic in oil for 45 seconds or until garlic turns slightly brown.
2. Add water, chicken base, salsa, chilis, and chicken to pot and let simmer for 25 minutes. Internal temperature must reach 165°F
3. Finish by stirring in sour cream, lime juice, and cilantro. Place mixture into a 12 x 20 pan,
4. To serve, place 2.2 oz of tortilla chips on a plate followed by 1 cup of shredded lettuce. Top with 1/2 cup of chicken mixture.