

Chicken Fajita Salad

1/2 pound chicken breast tenders
1 tablespoon plus 1 teaspoon lime juice
1/2 teaspoon chili powder
1/4 teaspoon ground cumin
1/8 teaspoon salt
1/8 teaspoon pepper
Vegetable cooking spray
2 cups shredded romaine lettuce
1/2 cup seeded, chopped tomato
2 tablespoons sliced green onions
1/4 cup (1 ounce) shredded reduced-fat Monterey Jack cheese
2 tablespoons nonfat sour cream alternative
1/4 cup chunky salsa

1. Place chicken in a shallow dish. Combine lime juice and next 4 ingredients; pour over chicken, turning to coat. Cover and marinate in refrigerator 45 minutes.
2. Place chicken on rack of a broiler pan coated with cooking spray. Broil 5 ½ inches from heat (with electric oven door partially opened) 7 to 8 minutes or until done, turning after 4 minutes. Remove from oven; slice chicken into 1/2-inch strips, and set aside.
3. Place 1 cup lettuce on each of 2 salad plates, and top evenly with chicken, tomato, and remaining ingredients.

Makes 2 servings.

Per Serving:

Calories: 225

Fat: 6.5 g

Protein: 32.7 g

Carbohydrates: 8 g

Cholesterol: 80 mg

Sodium: 325 mg

Source: <http://www.myrecipes.com/recipe/chicken-fajita-salad-10000001922611/>