

SALADS

From the Healthy Dungeon Kitchen of Melissa

Chipotle Chicken Taco Salad (Lunch or Dinner)

Servings – 4 (2 1/2 cups per serving)

Dressing

1/3 cup chopped cilantro

2/3-cup light sour cream

1 tablespoon minced chipotle chilie, canned in adobo sauce

1 teaspoon ground cumin

1 teaspoon chili powder

4 teaspoons fresh lime juice

1/4 teaspoon salt

Salad:

4 cups shredded romaine lettuce

2 cups chopped roasted skinless, boneless chicken breasts

1 cup cherry tomatoes (halved)

1/2 cup diced peeled avocado

1/3 cup thinly sliced red onion

1 (15 ounce) can black beans rinsed & drained

1 (8 3/4 ounce) can of no-salt added whole kernel corn, rinsed & drained

Prep:

To prepare dressing, combine first 7 ingredients, stirring well.

Salad: Combine lettuce and remaining ingredients in a large bowl. Drizzle dressing over salad, and toss gently to coat. Serve immediately.

Tip: Add a spoonful of adobo sauce for a spicier salad. Kidney or pinto beans is a good addition as well.

Calories: 249

Fat: 8.2 grams

Protein: 23.3 grams

Carbs: 25.1 grams

Fiber: 7 grams

Sodium: 850 mg

TEAM WISDOM

Carrie: My family really liked this! I used about half the dressing though and it was yummy!



From the Healthy Dungeon Kitchen of Melissa

Chicken, Red Potato and Green Bean Salad (Lunch)



Ingredients:

Dressing:

1/3 cup coarsely chopped fresh parsley
3 tbsp red wine vinegar
1 tbsp fresh lemon juice
beans
1 tbsp whole-grain Dijon mustard
1 tbsp extra virgin olive oil
1/2 teaspoon salt
1/4 tsp ground pepper
1 garlic clove, minced

Salad:

1 lb small red potatoes
1 teaspoon salt
1/2 lb diagonally cut green
2 cups cubed chicken
2 tbsp chopped red onion
1 package salad greens

Prep:

Dressing: combine ingredients, whisk and stir well

Salad: Place potatoes in a saucepan, cover with water. Add 1 tsp salt to pan, bring to a boil. Cover with water. Reduce heat and simmer 10 minutes or until almost tender. Add beans and cook and additional 4 minutes or until beans are crisp-tender. Drain and rinse with cold water. Drain well.

Quarter potatoes. Place the potatoes, beans, chicken, onion and greens in a large bowl. Drizzle with dressing. Toss and serve immediately.

Calories: 269

Fat: 8 grams

Protein: 22.4 g

Carbs: 26.1

Fiber: 5.8g

TEAM WISDOM

From the Healthy Dungeon Kitchen of Carrie

Makeover Meat Spinach Salad



6 ounces uncooked Whole Wheat bow tie pasta or small shells (For variety substitute some of your favorite beans or brown rice instead of pasta)

1 cucumber sliced (you decide how big or small you want the chunks to be)

1/2 cup diced red bell pepper

1/2 cup coarsely chopped red onion

1 (10 ounce) package fresh baby spinach leaves

1 can mandarin orange segments, drained or a few fresh Cuties segmented

2 cups cubed leftover turkey, chicken, lean beef, pork tenderloin

1/2 cup sliced almonds, toasted

- Cook Pasta according to package directions, drain and rinse with cold running water
- While pasta is cooking prepare rest of ingredients in salad bowl.
- Toss everything together.
- Use your own choice of low fat dressing...I like Italian or vinaigrette

Makes about 10 servings of roughly 275 calories depending on the meat you use.

TEAM WISDOM



Herbed Balsamic Tuna Salad

2 6-ounce cans of chunk light tuna in water
1/2 cup red and yellow bell peppers, diced finely
1/4 cup kalamata olives, chopped OR 2 small dill pickles, diced
1 Tbsp finely chopped fresh dill
1 Tsp finely chopped fresh thyme
2 Tbsp extra virgin olive oil
2 Tbsp balsamic vinegar
1 Tbsp dijon mustard
Freshly ground pepper (a generous amount)

Whisk olive oil, vinegar and dijon mustard together in a small bowl until well-combined and creamy. With a fork, flake the tuna apart into small pieces. Add all other ingredients. Pour the dressing over the salad and toss to combine. Add more ground pepper to taste. Serve on top of a green salad or bed of lettuce, or in a sandwich.

**Makes 4 servings, 171 calories, 22g protein, 2g carbs, 8g fat

TEAM WISDOM

Carrie ~ made this without the olives or pickles...didn't have any in my cupboard :(
...very yummy

From the Healthy Dungeon Kitchen of Lise

Chicken Salad Dijon with Grapes & Apples

- *1 lb trimmed boneless, skinless chicken breasts
- *3 tsp extra virgin olive oil, divided
- *3 Tbsp fat-free plain yogurt
- *3 Tbsp Dijon mustard
- *1/3 cup chopped celery
- *1/3 cup seedless grapes, each cut in half
- *1/3 cup chopped red apple
- *salt & pepper

1. Preheat grill to high heat.
2. Rub chicken all over with 1 tsp of the olive oil and season with salt and pepper to taste. Place on grill and cook 3 to 5 minutes per side, or until chicken is no longer pink and juices run clear. Allow chicken to cool, then cut into bite-sized cubes.
3. Whisk yogurt, mustard and remaining olive oil in large mixing bowl. Add chicken, celery, grapes and apple. Gently toss well to combine. Season with salt and pepper to taste. Serve over bed of butter lettuce or fresh spinach or on sprouted grain or multigrain bread.

**Makes 4 servings, 173 calories, 27g protein, 4g carbs, 5g fat
From "The Biggest Loser Weight Loss Planner"

Team Wisdom

