

Mexican Chicken Salad

A refreshing and nutritious salad that combines the flavors of Mexico with the goodness of fresh ingredients. This salad is packed with protein, vitamins, and a zesty kick.



Salad

Mexican

25 min

Total time

Easy

Difficulty

350

kcal / serving

Ingredients

- 1 Chicken breast
- 1 cup Lettuce, shredded
- 1/2 cup Carrots, julienned
- 1/2 Red bell pepper, sliced
- 1/2 Yellow bell pepper, sliced
- 1/2 cup Cherry tomatoes, halved
- Dressing of your choice (e.g. lime vinaigrette)

Steps

- 1 Season the chicken breast with Mexican spices and grill until cooked through.
- 2 Let the chicken rest for a few minutes, then slice it into strips.
- 3 In a large bowl, combine the lettuce, carrots, bell peppers, and cherry tomatoes.
- 4 Top the salad with the sliced chicken.
- 5 Drizzle your favorite dressing over the salad.
- 6 Toss gently to combine all the ingredients.
- 7 Serve and enjoy!