

Chicken Chickpea Chopped Salad



Ingredients:

- 2 large romaine hearts, washed and chopped
- 1 cup pulled cooked chicken breast
- 1 (15.5 oz.) can chickpeas, rinsed and drained
- 1 cup grape tomatoes, sliced in half
- $\frac{3}{4}$ cup sweet corn, canned, frozen, or fresh
- $\frac{1}{4}$ cup crumbled feta cheese
- $\frac{1}{3}$ cup cilantro, washed and chopped
- 1 sm. avocado, diced
- $\frac{1}{2}$ cup barbeque dressing, if desired

Directions:

1. In a large bowl, add lettuce, top with all ingredients except for avocado and barbeque dressing. Toss salad gently.
2. Place into cold salad bowls, garnish with avocado and drizzle with barbeque dressing if desired. Serve with low-fat corn tortilla strips.

The newly released 2015-2020 Dietary Guidelines for Americans offer building blocks for a healthy lifestyle while focusing on the importance of following a healthy eating pattern that is right for you. These guidelines focus on prevention rather than treatment of chronic diseases such as heart disease, high blood pressure and Type 2 diabetes. These recommendations can help individuals live a longer and healthier life.

About 75% of the population is not meeting the recommendations for vegetables, fruits, dairy and oils. By making small tweaks to your diet over time, you can make a long-term difference in finding a healthy eating pattern that works for you.

The 2015-2020 Dietary Guidelines recommend following a healthy eating pattern that encourages us to eat **more** of the following:

- Vegetables, including red, orange and dark green varieties and legumes
- Fruits, especially whole fruits
- Whole grains
- Fat-free or low-fat dairy
- Variety of protein foods including seafood, lean meats, poultry, nuts and legumes
- Oils including canola, corn, olive, peanut, sunflower, and soybean

Americans are exceeding the limits for added sugars, saturated fats, and sodium. By slowly cutting back on foods and beverages high in these components, one can follow a healthier eating pattern.

The 2015-2020 Dietary Guidelines recommend to consume **less** of the following:

- Less than 10 percent of your calories per day from added sugars
- Less than 10 percent of your calories per day from saturated fats
- Less than 2,300 milligrams of sodium per day
- As little dietary cholesterol as possible while following a healthy eating pattern
- If alcohol is consumed, it should be in moderation—up to one drink per day for women, and up to two drinks per day for men

Fruits and vegetables are high in a variety of vitamins and minerals and are naturally low in added sugars, saturated fats, and sodium. The following recipe has an abundance of fresh, tasty vegetables!