

# Kuřecí salát Ranch Taco

Kategorie: Zeleninové saláty

Hodnocení: \*

Počet porcí:

Náročnost: lehký

Autor: Jílek

## Suroviny

Ranch Taco Chicken Salad

minutes - Prep Time:

minutes - Cooking Time:

servings - Makes:

1 lb. boneless skinless chicken breasts

cut into strips

1 tbsp. each oil and chili powder

1 pkg. (16 oz.) salad greens

1 cup (4 oz.) KRAFT shredded reduced fat cheddar cheese

1 jar (8 oz.) salsa

1 bottle (8 oz.) KRAFT FREE Ranch Fat Free Dressing

0,5 cup crushed baked tortilla chips



## Postup

Cook chicken, oil and chili powder in large non-stick skillet on medium-high heat for 8 minutes or until chicken is cooked through. Toss chicken mixture, greens and cheese in large bowl. Top with salsa, dressing and crushed chips before serving.

\*Nutrition based on KRAFT 0,3333333333333333 Less Fat Natural Shredded Reduced Fat Cheddar Cheese

Nutritional Information Per Serving\*: Calories 250 ; Total Fat 7 g; Cholesterol 45 mg; Sodium 1400 mg; Carbohydrate 24 g; Dietary Fiber 2 g; Protein 21 g

## Poznámka

doba vaření masa 12 min