



South of the Border Chicken Salad



1/2 of recipe: 241 calories, 6.5g total fat (2.5g sat. fat), 306mg sodium, 14g carbs, 2g fiber, 3.5g sugars, 30g protein

[Click for WW Points® value*](#)

Prep: 5 minutes



More: [Lunch & Dinner Recipes](#), [30 Minutes or Less](#), [Gluten-Free](#)

Ingredients

3 tbsp. whipped cream cheese
2 tbsp. fat-free plain Greek yogurt
1 tbsp. chopped fresh cilantro, or more for topping
1 1/2 tsp. taco seasoning
6 oz. cooked and chopped or shredded skinless chicken breast
1/3 cup frozen sweet corn kernels, thawed
1/4 cup canned black beans, drained and rinsed
2 tbsp. finely chopped red onion

Directions

In a large bowl, combine cream cheese, yogurt, cilantro, and taco seasoning. Mix until uniform.

Add remaining ingredients. Stir to coat.

MAKES 2 SERVINGS

HG FYI: Not all taco seasonings are gluten free, so read labels carefully if that's a concern.

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free samples of food, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.