

# Easy Prep Taco Salad

This no cook taco salad bento box recipe is ready for your lunch in under 20 minutes! A great meal prep lunch option when you're too busy to prep!

**Prep Time:** 25 minutes

**Equipment:** Bento box or food storage container(s)

## Ingredients

Cooked chicken, diced, shredded, or sliced

1 cup black beans

1 cup corn kernels

3 cups romaine lettuce, washed and chopped into bite-sized pieces

1 roma tomato, chopped

Green onions, chopped to your liking

½ cup shredded cheese

½ cup dressing of choice (cilantro lime dressing highly recommended)

Tortilla chips



Brought to you by Basic Needs, Health Education & Promotion, and Housing & Residential Life

## Directions

1. Divide ingredients into four storage containers. Use a condiment container to keep dressing separate until just prior to serving.
2. Store in the fridge for up to 4 days. You may need an extra bowl for serving the salad.



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## Fun Facts & Tips

- Rotisserie chicken is a great diet staple for people with busy, fast-paced schedules who don't want to sacrifice their nutrition. Rotisserie chicken is loaded with protein - an essential nutrient that is used to build cells, tissues, muscles, bones, and organs. Additional nutrients include iron, calcium, and vitamin A.
- Additional reasons why we love rotisserie chicken include:
  - Buying pre-cooked chicken cuts mealtime prep in half!
  - It's delicious! You can easily serve a breast or leg with veggies and call it a meal!
  - You don't need a special carving knife to cut into it; any utensil will do!
  - It's versatile! You can cube it and put it on top of a salad, shred it, and add BBQ sauce and coleslaw to make a sandwich or put it in a tortilla with veggies to make a wrap.

Visit [www.choosemyplate.gov](http://www.choosemyplate.gov) for more information on healthy eating.

