

LUNCH / HIGH PROTEIN



Taco Chicken Brussels Sprout Corn Salad

Warm taco-seasoned chicken, shredded Brussels sprouts, sweet corn, feta, and cilantro get tossed in a bright lime mayo dressing.

50 min

2 servings

Lunch

high-protein

meal-prep

552

Calories / serving

37g

Protein / serving

55g

Carbs / serving

25g

Fat / serving



Ingredients

- 8 oz skinless chicken breast (diced into one inch pieces) (224 g)
- 1 tbsp olive oil (14 g)
- 2 cups brussels sprouts, shredded (176 g)
- 1 can yellow sweet corn (canned, 15.5 oz), drained (340 g)
- 1/4 small red onion, diced (37 g)
- 1/4 cup, crumbled feta cheese (37.5 g)
- 1/4 cup cilantro (coriander), chopped (4 g)
- 2 tablespoons avocado oil mayonnaise (28 g)
- 1 medium lime (zested and juiced) (67 g)
- 1 tbsp taco seasoning (9 g)

Method

- 1 In a small bowl, whisk together the mayonnaise, lime juice, lime zest, and half of the taco seasoning to create the dressing. Refrigerate until ready to use.
- 2 In another bowl, season the diced chicken breast with the remaining taco seasoning. Mix until the chicken is fully seasoned.
- 3 Heat olive oil in a non-stick skillet over medium heat. Add the seasoned chicken and cook until fully cooked through and lightly browned. Confirm the poultry reaches 165°F (74°C) as measured with a food thermometer.
- 4 In a large mixing bowl, combine the cooked chicken, shredded Brussels sprouts, corn, red onion, feta cheese, cilantro, and the prepared dressing. Gently toss until all ingredients are evenly coated. Serve immediately.

RENEE'S NOTE

"Let the chicken cool for a few minutes before tossing so the Brussels sprouts stay crisp and the dressing stays creamy. Keep refrigerated at 40°F (4°C) or below and use within 3 to 4 days. For transport, use an insulated bag with at least two cold sources, and discard food left at room temperature for more than 2 hours, or 1 hour above 90°F (32°C)."

RENEE'S TWEAK

For meal prep, pack the dressed salad in a shallow container and give it one quick toss before eating to redistribute the lime dressing.