

# Street Corn Inspired Chicken Salad

Serving Size: 1 Cup | Servings per Recipe: 3 | Diabetes Friendly

15  
min

## INGREDIENTS

- 1 can (12oz) of low sodium chunk chicken, drained
- 1 can (15 oz) corn, drained and rinsed
- ¼ cup light mayo or low-fat greek yogurt
- 1 tsp lime or lemon juice
- ¼ cup Diced Red Onion
- Optional Seasonings (black pepper, chili powder, dried cilantro, garlic/onion powder)

## DIRECTIONS

- Open and drain chicken and corn well
- In a mixing bowl, combine mayo lime juice, seasonings
- Add chicken, corn and diced red onion to bowl and mix until evenly distributed
- Chill in the fridge or serve immediately
  - serve on a bed of lettuce or scoop it with veggies like carrots and celery



Calories per serving: ~270kcal | 15 g total fat | 12 g total carbohydrates | 300 mg sodium | 23 g protein