

# Healthy Children, Healthy Family

## Spanish Salad



**Makes:** 6 servings of 1 cup each

**Preparation time:** 30 minutes

**Ingredients:**

- ½ Tbsp olive oil
- 1 chicken breast
- 8 oz cream, low-fat
- 1 large tomato
- 1 large onion
- 1 chili poblano, fresh
- 1 can of corn, 15 oz drained
- ½ tsp chicken consommé
- Pepper

**Note:** Plain low-fat yogurt can be used instead of cream.

**Instructions:**

- 1) Put the chicken in a pot of water. Bring to boil and then simmer for 20 minutes. Remove and shred the chicken.
- 2) Chop the onion, tomato, and chili poblano finely.
- 3) Put oil in a fry pan and fry the onion until tender.
- 4) Fry the tomato and chili the same way.
- 5) Add the shredded chicken and stir until chicken coated with tomato and chile.
- 6) Add the cream. Allow mixture to cook for 1 minute.
- 7) Add the corn and consommé.
- 8) Sprinkle pepper on top.



### Nutrition Facts

Serving Size (190g)  
Servings Per Container

Amount Per Serving

Calories 130      Calories from Fat 20

% Daily Value\*

Total Fat 2g      3%

Saturated Fat 0.5g      3%

Trans Fat 0g

Cholesterol 15mg      5%

Sodium 250mg      10%

Total Carbohydrate 16g      5%

Dietary Fiber 3g      12%

Sugars 7g

Protein 8g

Vitamin A 20%      • Vitamin C 15%

Calcium 8%      • Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

|                    | Calories: | 2,000   | 2,500   |
|--------------------|-----------|---------|---------|
| Total Fat          | Less than | 65g     | 80g     |
| Saturated Fat      | Less than | 20g     | 25g     |
| Cholesterol        | Less than | 300mg   | 300 mg  |
| Sodium             | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate |           | 300g    | 375g    |
| Dietary Fiber      |           | 25g     | 30g     |

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

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My Family's Goal: We will try our best to

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