



Swimsuit-Ready in 20 Days: Lunch Recipes

Mexican Chicken Salad with Spicy Salsa Dressing

6 ounces skinless, boneless chicken breast
1 cup nonfat sour cream
1 cup salsa
1 small head iceberg lettuce, coarsely chopped
1½ cups canned corn, drained
1 teaspoon fajita seasoning mix
1 pinch cumin
Salt and cracked black pepper to taste

Combine the fajita seasoning mix, cumin, salt, and pepper. Coat the chicken breast with the seasoning mixture. Microwave the chicken for 6 minutes. Remove from the microwave and set aside to cool slightly.

In a blender, combine the sour cream and salsa. Pulse until smooth. If the dressing is too thick, add a little water.

To serve: Cut the chicken breast into ½-inch pieces and toss it with the lettuce, corn, and salsa dressing. Serve immediately.

Servings: 2