



SOUTHWESTERN SALAD WITH FRITOS® ORIGINAL CORN CHIPS

Each Serving Provides:

2 oz. Meat/MA

1.7 oz. fajita chicken = 1 oz. MMA +
1 oz. cheese

1 ¾ c. Vegetables

¼ c. **Red/Orange** (1/4 c. tomatoes)

1 c. **Green** (2 c. Romaine)

½ c. **Legumes** (1/c. c. black beans)

2 oz. eq. Grains (1.5 oz. Fritos Original
Corn Chips)

Southwestern Salad with FRITOS® Original Corn Chips

INGREDIENT	QUANTITY 100 servings	1 Serving
USDA canned low sodium Black Beans (100359)	3 Gal + 2 cups	1/2 c.
USDA shredded reduced fat yellow cheese (100012)	6 lb. + 4 oz.	1 oz.
USDA Chicken Fajita Strips, thawed (100117)	10 lbs. + 10 oz.	1.5 oz.
Chopped tomatoes	1 Gal. + 2 QT + 1 c.	1/4 c.
Shredded Romaine	12 Gal + 2 Qt. + 1 c.	2 c.
FRITOS® Original Corn Chips	9 lbs. + 6 oz.	1.5 oz.

PREPARATION

1. Portion 2 cups of shredded lettuce into serving containers.
2. Top lettuce with 1/2 cup black beans, 1 oz. cheese, 1.7 oz. fajita chicken strips, 1/4 c. tomatoes, and 1.5 oz. FRITOS® Original Corn Chips.
3. Serve salad alongside your choice of dressing.

Nutritional Facts Panel

Nutrition Facts

1 Serving:	
Calories	537
Saturated Fat	7.3g
Sodium	1097mg