

## Meal Prep BBQ Chicken Salad

### Ingredients:

1 large sweet potato, cubed  
3 cups cooked chicken, shredded (can use rotisserie chicken)  
½ cup barbecue sauce  
5 cups romaine lettuce or kale  
1 cup fresh or frozen corn, thawed

### Directions:

Preheat oven to 400°. Place sweet potato on a sheet pan and roast in oven for 20 minutes. Combine chicken and BBQ sauce in a medium bowl. Set aside. Divide lettuce or kale into 4 meal prep containers.

Top with sweet potato, corn and chicken. Top with dressing of choice and/or avocado before serving.

### Nutrition Info: (per salad, without dressing or avocado)

Calories: 525

Fat: 9 grams

Saturated Fat: 2 grams

Carbohydrate: 44 grams

Fiber: 7 grams

Protein: 35 grams

Sodium: 423 mg.

Exchanges: 3 lean meat, 2 starch, 2 vegetables