



BBQ CHICKEN SALAD

Serves: 4

Prep Time: 10 minutes

Cook Time: 5 minutes



Ingredients

- 1 tablespoon olive oil
- 2 boneless, skinless thin-sliced chicken breasts
- salt and pepper to taste
- 6 cups chopped romaine lettuce
- 1 tomato, diced
- $\frac{3}{4}$ cup canned corn kernels, drained
- $\frac{3}{4}$ cup canned black beans, drained
- $\frac{1}{4}$ cup diced red onion
- $\frac{1}{4}$ cup shredded cheese
- $\frac{1}{4}$ cup ranch dressing
- $\frac{1}{4}$ cup BBQ sauce
- $\frac{1}{4}$ cup tortilla strips

Directions

1. Heat olive oil in a medium skillet over medium high heat.
2. Season chicken breasts with salt and pepper, to taste. Add to skillet and cook, flipping once, until cooked through, about 3-4 minutes per side. Let cool before dicing into bite-size pieces.
3. To assemble the salad, place romaine lettuce in a large bowl; top with chicken, tomato, corn, beans, onion and cheeses. Pour Ranch dressing and BBQ sauce on top of the salad and gently toss to combine.

Serve immediately, topped with tortilla strips.