

Southwest Chicken Salad

A bed of lettuce layered with colorful veggies, black beans, and cilantro, topped with tangy homemade dressing!

Yield:

4 servings

Ingredients:

Dressing Ingredients:

3 tablespoons oil

3 tablespoons Balsamic vinegar*

2 cloves garlic, minced

1/4 teaspoon salt

dash pepper

Salad and Toppings:

Approximately 4 cups lettuce of your choice, freshly washed and torn

1 cup chopped multi-colored bell peppers (green, red, yellow, and/or orange)

1 cup cooked or grilled chicken, cubed

1 cup cooked black beans, rinsed and drained

1/2 cup sliced green onion tops

2 avocados, diced

a handful of chopped fresh cilantro Instructions:

1. Start by combining dressing ingredients in a small bowl and whisking with a fork or small whisk. Set aside for flavors to combine.
2. Prepare lettuce and toppings by washing, chopping, etc. as specified in the ingredient list.
3. Layer salad starting with the lettuce. Sprinkle colored peppers, chicken, black beans, green onions, avocado, and

cilantro.

4. Drizzle dressing on top and enjoy!



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This recipe is from Tammy's Recipes.