

BARBEQUE CHICKEN SALAD



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Ingredients

Yield: 5 servings

- 2 1/2 c cooked, cooked shredded chicken
- 1 c lite BBQ sauce
- 6 c romaine or spring leaf mix lettuce
- 1/2 red onion diced
- 1/4 c chopped fresh cilantro
- 1 c frozen corn, roasted
- 1 can (15 ounces) black beans, rinsed and drained
- 3 ounces 2% part skim sharp cheddar cheese, shredded
- 3 ounces 2% part skim Monterey jack cheese, shredded

BBQ Cilantro Lime Dressing:

- 1 garlic clove, finely minced
- 1/2 tsp sea salt
- 1/3 cup low fat buttermilk
- 1 tbsp lime juice
- 2 tbsp fresh cilantro, chopped
- 1 tsp white vinegar
- 1/4 to 1/2 c lite BBQ sauce
- 1/8 tsp cayenne pepper
- 1/4 tsp ground cumin
- 1 tsp granulated sugar
- 1/8 tsp black pepper
- 1/3 c skim milk/unsweet almond milk
- 1 c light mayonnaise

Directions

1. For the salad, combine the cooked shredded chicken and BBQ sauce in a medium bowl. Refrigerate until ready to use.
2. In a large bowl, toss together the lettuce, red onion, cilantro, corn, black beans and cheese. Place salad on plates and top with the prepared BBQ chicken, serve dressing on side.
3. For the dressing, combine all the ingredients together and whisk (or shake, if using a jar) vigorously to combine. You could also run this through a blender to make it even smoother. Refrigerate until ready to serve.

Nutritional Information

Serving:	Calories	Fat	Protein	Carbohydrates	Sodium
1/5 th	265	7 g	26 g	19 g	1029 mg

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Serving:	Calories	Fat	Protein	Carbohydrates	Sodium
2 tbsp	111	11 g	1 g	10 g	958 mg

Carbohydrate Exchanges: 2 (includes 1/5th of salad and 2 tbsp dressing)