

The Salad:

5 cups chopped romaine lettuce (1 head)
1 cup shredded cabbage
2 grilled chicken breasts
1/2 cup diced red bell peppers
1/2 cup corn kernels
1/2 cup drained black beans
1/2 cup chopped tomatoes
1/4 cup chopped green onion
1/4 cup chopped cilantro leaves

**The Dressing:**

light ranch dressing
dijon mustard
balsamic vinegar

The Garnish:

4 corn tortillas
cotija cheese
bbq sauce
avocado

Directions:

1. **To make the tortilla strips:** Preheat oven to 325(F). Using a pizza cutter, slice corn tortillas into thin strips. Lay strips on a baking sheet and spray with canola oil. For best results, bake in a single layer. Sprinkle with salt and bake for 18-20 minutes, until crisp.
2. Toss chicken with barbecue sauce.
3. Wash and chop salad ingredients.
4. In a large bowl combine lettuce and cabbage, red bell pepper, green onion, corn, tomato, black beans and cilantro.
5. In another bowl combine light ranch dressing, a dash of dijon mustard, a splash of balsamic vinegar. Stir together.
6. Pour dressing over salad mixture and toss.
7. Plate up salad and top with a crack of pepper, crumbled cotija cheese, tortilla strips, chicken and avocado. Makes 3-4 entree salads or 6-8 side salad servings.