

**Ingredients for Buffalo Chicken Salad:**

[Blue Cheese Dressing](#)

mixed salad greens

onion

red bell pepper

tomato wedges

cooked, chopped chicken

favorite wing sauce



**Tips:**

I like to use a **spring lettuce** mixture with romaine, **chopped red and green cabbages** and **baby spinach**, but really, any bed of lettuce will do. One handful of greens per person for a starter or side, two for an entree.

About 1/4 cup chopped chicken for a side salad, 1/2 cup for an entree.

**Directions:**

1. Prepare the [Blue Cheese Dressing](#) first, so the flavors will have time to deepen. You can also use prepared Ranch or Blue Cheese dressing, if desired.
2. Add thinly sliced **onion**, **red bell pepper** and **tomato wedges** to salad greens. Either toss with dressing, if serving "family style" or, dress once plated, if serving individual salads.
3. Toss **grilled chicken** pieces with **wing sauce** of your choice. Place chicken on top of salad greens and garnish with tortilla chips. Add a drizzle of dressing and a few dashes of hot sauce to finish the plate. **Enjoy!**