

Southwest Salad

So easy this isn't even considered cooking.

- Servings - 4
- Prep time - 10 minutes
- Cook time - 5 minutes

Ingredients

For the salad

- 1 head of lettuce or bag of lettuce
- 1/2 red onion finely chopped
- 1 can corn, drained and rinsed
- 1 can black beans, drained and rinsed
- 1 tomato chopped
- Tortilla chips
- Leftover or fresh chicken

For the dressing

- 4 tablespoons finely chopped cilantro
- 1/4 cup cider vinegar
- 1/4 cup olive, vegetable, or canola oil
- 2 tablespoons honey
- Juice of 1 lime
- 1 teaspoon of lime zest

Protocol

1. In one bowl toss together the lettuce, corn, beans, tomato, and red onion.
2. In a pan either re-heat your leftover chicken or cook some fresh chicken, make sure you season with salt and pepper.
3. For the dressing, mix everything together into a bowl except for the oil. Then whisk in the oil. Adjust the dressing to your own taste!
4. On your plate, layer on top of the tortilla chips the salad and chicken.
5. Drizzle with your homemade dressing and enjoy!