

Southwestern Chicken Salad

Recipe By *Brynie Greisman*



Cooking and Prep:  2 h

Serves:  10

Contains:   

Preference: Meat

Difficulty: Medium

Occasion: Shabbat, Purim

Diet: Low Carb

Source: Family Table by

Mishpacha Magazine

This salad is literally bursting with flavor and texture in each bite. Yes, there are quite a few ingredients and a number of steps, but it's really worth the time and effort, plus a lot of the preparation can be done in advance. It can be an appetizer, a salad, or even a light main dish. It's magnificent served layered in a trifle bowl. Exact measurements are hard to give because a lot is dependent on taste and preference. Thanks, Rikki M. of L.A./Israel.

Ingredients (14)

Main ingredients

- generous handful of romaine lettuce
- 1/2 medium can corn kernels, drained
- diced tomatoes or halved cherry tomatoes
- 1/2–1 diced avocado
- a few spoonfuls drained canned black beans

- 4–6 chicken breasts
- salt, to taste
- pepper, to taste
- 1 and 1/2 cups **Gefen BBQ Sauce** or other barbecue sauce, or more as necessary
- 1 cup **Gefen Mayonnaise** (low-fat is fine)

Tortilla Chips

- 2–3 flour tortillas
 - oil, for frying
 - Tuscanini Sea Salt** or kosher salt, for sprinkling
 - cumin, for sprinkling
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Start Cooking

For the Salad

1. Layer romaine lettuce on a large platter. Sprinkle the canned corn, diced tomato, avocado, and beans over the lettuce. Set aside.

For the Chicken

1. Season chicken breasts with salt and pepper, and cook in a frying pan until done, turning over halfway through the cooking. When chicken is cooked and cooled, cut into chunks.
2. Return to frying pan, and add 1 cup of barbecue sauce. Turn on flame, and let the sauce coat all the chicken pieces and caramelize them while stirring, until there is no sauce left in the pan. Chicken pieces should be nice and sticky. (If necessary, add a little more sauce to achieve this.)
3. Arrange the barbecue chicken pieces on top of the lettuce and veggies.

For the Dressing

1. Mix together the mayonnaise and ½ cup barbecue sauce for the dressing.
- 2.

Pour all over the salad platter. Garnish with tortilla chips (instructions follow) and serve.

For the Tortilla Chips

1. To make the tortilla chips, cut each tortilla into eighths (like a pizza).
2. Heat oil in a frying pan, until just under 1-inch deep. When oil is hot, add tortilla triangles to oil and fry until medium brown. Remove with a slotted spoon and let drain on paper towels.
3. While still hot, sprinkle sea salt and lots of cumin on top of chips.
4. Allow to cool, then lightly crush by hand and add to salad. You can also garnish the salad with whole triangle pieces in addition to the crushed chips.

Variation:

For a lower fat version, cut tortillas into strips and lay in a single layer on Gefen Easy Baking Paper. Lightly brush with oil. Bake for 10 minutes until crisp.