

# U The Lexingtonienne U

## BARBECUE CHICKEN CHOPPED SALAD

- Hearts of Romaine lettuce - 1 heart per 2 people - rinsed, dried, and chopped
- Chicken breasts - 1 per person
- Fresh corn on the cob - 1 ear per 2 people - cooked and with the kernels cut off
- Cucumber, chopped
- 1 can of black beans, drained and rinsed
- Fresh tomato, diced
- Red onion, thinly sliced (soak the slices in a bowl of water about 5 minutes to take the "sting" off)
- Monterey Jack cheese, shredded
- Tortilla strips
- Barbecue sauce
- Salad dressing of your choice - I like ranch or balsamic

### OTHER OPTIONS:

- Basil chiffonade (this is just when you roll the basil leaves up and slice them thinly)
- Jicama, chopped
- Avocado, chopped
- Cilantro

Grill chicken breasts and brush with barbecue sauce. Cut into bite-size pieces and brush with more barbecue sauce if you like (I do). Prepare remaining ingredients, placing into separate bowls. You can do all of this ahead of time and keep your ingredients stored in the fridge until you are ready to serve. When you are ready, create your salad buffet with all the ingredients and allow guests to assemble and dress their own salads.

