Amy39s Barbecue Chicken Salad

Jacob · 28/09/2024



Prep Time

10 mins

Dificult

Medium

Servings

45 mins

Description

This recipe for barbecue chicken salad is very similar to one at a popular restaurant near my house I loved it there and decided to make it at home Now its one of my favorite salads to make

Ingredients

- - 2 skinless
- boneless chicken breast halves - 1 head red leaf lettuce
- rinsed and torn - 1 head green leaf lettuce
- rinsed and torn - 1 fresh tomato
- chopped - 1 bunch cilantro
- chopped - 1 (15.25 ounce) can whole kernel corn
- drained - 1 (15 ounce) can black beans
- drained - 1 (2.8 ounce) can French fried onions - ½ cup ranch dressing - ½ cup barbecue sauce

Instructions

1. Preheat the grill for high heat and lightly oil the grate. Cook chicken on the preheated grill until the juices run clear
2. about 6 minutes per side. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C). Remove from heat
3. cool
4. and slice. In a large bowl
5. mix lettuces
6. tomato
7. cilantro
8. corn
9. and black beans. Top with grilled chicken slices and French fried onions. In a small bowl
10. mix ranch dressing and barbecue sauce together. Serve on the side as a dipping sauce or toss with the salad to coat.