

# BBQ Chicken Chop Salad

Serves Four

## Ingredients

### For the Dressing

- ¾ cup buttermilk
- ½ cup sour cream
- ½ avocado
- 2 tablespoons freshly squeezed lemon juice
- 2 tablespoons fresh dill, chopped
- 2 tablespoons fresh chives, chopped
- 2 tablespoons fresh parsley, chopped
- 1 clove garlic
- ½ teaspoon kosher salt
- ¼ teaspoon freshly ground pepper
- Couple pinches cayenne pepper
- ¼ cup BBQ sauce

### For the Salad

- 3 cups cooked chicken (a couple of large chicken breasts), cut into large dice)
- ¼ cup BBQ sauce
- 2 heads romaine lettuce, chopped
- 2 ears roasted corn, kernels removed (or 1 ½ cups frozen and defrosted roasted corn – Trader Joe's has this)
- 1 can black beans, drained and rinsed
- 1 cup cherry tomatoes, halves
- 1 cup jicama, small dice
- ½ English cucumber, sliced
- ¼ cup scallions or chives, finely chopped
- ¼ cup red bell pepper, small dice
- 1 avocado, sliced or diced
- 1 cup fried onions (like *French's*)
- Lime wedges for serving



## Steps

1. Place all dressing ingredients into a food processor or blender. Puree until smooth. Pour dressing into a liquid measuring cup or squeeze bottle.
2. In a small bowl combine cooked, diced chicken with BBQ sauce ensuring all pieces are coated.
3. In a large platter, start with a layer of romaine lettuce. Sprinkle the corn and beans over the lettuce. Arrange the tomatoes, jicama, and cucumbers around the sides of the salad. Top that with the BBQ chicken, scallions, bell pepper, avocado and fried onions.
3. Drizzle the dressing over the salad before serving.