



Food's best friend.

## Miss Hélène's BBQ Chicken Salad

This recipe and more from [misshelenes.ca](http://misshelenes.ca)

### Ingredients (per serving)

Makes 1 main course meal.

- 1/2 heart of romaine lettuce
- 3 cherry tomatoes halved or quartered
- 1/8 cup sliced or chopped red onions
- 2 tbsp canned black beans, rinsed
- 1/8 cup canned kernel corn, drained
- 1/2 cup broken tortilla chips (not too crushed)
- 1/4 cup finely shredded cheese (mix of mozzarella and old cheddar)
- 5 oz chicken breast, grilled and sliced
- sprinkle Clubhouse Smoked Applewood Seasoning (optional)
- Miss Hélène's Kentucky Bourbon Sauce
- Rancher's Choice Salad Dressing



### Instructions

1. Grill Chicken breast, gently season with optional smoked applewood seasoning on each side as it cooks. Slice chicken breast.
2. Shred cheese on the fine side of the cheese grader.
3. Wash and cut or shred lettuce. Place in large bowl or pasta dish.
4. Quarter or halve cherry tomatoes. Distribute evenly over lettuce base.
5. Add onions, black beans and kernel corn, distributed evenly over base.
6. Cover center of salad with tortilla chips and top with finely shredded cheese.
7. Add sliced chicken.
8. Drizzle with Miss Hélène's Kentucky Bourbon sauce and some Ranch Dressing.
9. Serve.