

Chicken Taco Salad



Prep: 20 minutes

Cook: 30 minutes

Serves: 4

Ingredient Studio—Chefs Candy Argondizza & Marité Acosta

- 4 (6-inch) corn tortillas cut into 1/2 inch strips
- 3 tablespoons vegetable oil
- Zest and juice of 2 limes
- 1 tablespoon of salt
- 1/4 teaspoon black pepper
- 1 15 ounce can black beans drained and rinsed
- 1 cup fresh or frozen corn (if fresh, cook the corn ahead)
- 2 tomatoes chopped
- 1 jalapeño pepper seeded and finely chopped
- 1/2 head of iceberg or romaine lettuce washed, dried and shredded
- 2 chicken breasts, skinless and boneless
- 1 cup grated cheese, cheddar or Monterey Jack



Optional

Store bought corn tortilla chips can replace the corn tortillas in the recipe. Pinto beans can replace the black beans. Ground beef can be browned, drained and used in place of the chicken breasts.

1. Pre-heat the oven to 375° F.
2. In a bowl, toss the tortilla strips with 1 tablespoon of the oil, spread in a single layer on a cookie sheet and bake for 10 minutes till crisp. Remove, let cool, and set aside.
3. While these are cooking, place the chicken breasts in a bowl and add 1 tablespoon of oil, a pinch of salt, some of the lime juice. Mix to combine. Place the chicken breasts in another pan and place in the oven, for approximately 15 minutes (depending on their thickness), until no longer pink.
4. Meanwhile, toss the beans, corn, tomatoes, jalapeño, with the remaining tablespoon of oil, salt, pepper, zest and lime juice, in a medium bowl, let marinate for 10 minutes.
5. When the chicken is done, cool slightly, and cut into thin strips or pull apart to shred.
6. Divide the lettuce into 4 bowls, top with the bean mixture, shredded chicken, cheese and tortilla strips.