



Category (Salads)

Healthy Chicken Chickpea Chopped Salad

Submitted by (Lindsay Zesiger)

<p><u>Recipe</u></p> <p>Author: Monique of AmbitiousKitchen.com Recipe type: Main Dish, Salad, Lunch, Dinner Serves: 4-6</p> <p>2 large romaine hearts, washed and chopped 1 cup pulled cooked chicken breast 1 (15.5 oz) can chickpeas, rinsed and drained 1 cup grape tomatoes, sliced in half 3/4 cup sweet corn (I grilled mine) I cut mine of the cob and sauted it. 1/4 cup crumbled goat cheese or feta 1/3 cup cilantro, washed and chopped 1 small avocado, diced 1/2 cup BBQ dressing, if desired</p> <p>In a large bowl add lettuce, top with all ingredients except for avocado and BBQ dressing. Toss salad gently. Place into cold salad bowls. Garnish with diced avocado and drizzle with BBQ dressing if desired. Serve with low-fat corn tortilla strips.</p>	<p><u>Grocery List</u></p> <p>(Ingredients you need from the store for recipe and any side dish you might add.)</p>
<p><u>Side dish</u></p> <p>(Optional: Any suggestions of foods that might go well with the main dish.)</p>	<p><u>Tips/Helpful hints</u></p> <p>The recipe calls for BBQ dressing, whatever that is! So I made my own- Wild Coyote Ranch dressing (refrigerator section at Dick's & Walmart) and some BBQ sauce mixed together, it's Yummy! Also a time saver is to get grilled chicken breast at the Deli at Dick's.</p>