

MEX CHOPPED CHICKEN SALAD !

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dressing

1 cup ranch dressing

2 Tbsp taco seasoning, hot or mild

salad

3 cups chicken, cooked, cooled and diced

4 cups Romaine lettuce, chopped, about 1 head

2 Roma tomatoes, diced

1 cucumber, seeded and diced

1 cup corn kernels, fresh or frozen

4-5 green onions, sliced

1 15 oz can black beans, drained and rinsed

4 oz sharp cheddar cheese, or pepper jack, cut into $\frac{1}{4}$ " cubes

1/4 cup cilantro, chopped

juice of 1/2 of a lime

1 cup tortilla chips, crushed

jalapeño, diced, toasted pumpkin seeds, diced avocado or jicama for garnish (optional)

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LET'S DO IT :

In a small bowl, stir together ingredients for dressing then
refrigerate until ready to use.

In a large bowl, toss salad ingredients together. Add dressing
a little at a time then toss until lightly coated.

Season with salt and pepper to taste. Serve immediately.

Makes: 8 servings (11 SP)