

BBQ Chicken Salad

Ingredients

- 2 boneless, skinless chicken breasts, cut into bite-sized pieces
- 1 tablespoon olive oil
- Several dashes salt and pepper
- 6 cups chopped romaine lettuce
- 1 pint grape tomatoes, cut in half
- 1 cup shredded cheddar cheese
- 1 cup corn kernels
- 1 small cucumber, diced
- 1 small red onion, minced
- ½ cup crispy tortilla strips
- ½ cup ranch dressing
- 2 tablespoons BBQ sauce

Instructions

Heat the olive oil in a medium skillet over medium-high heat. Season the chicken with salt and pepper. Add to the skillet and cook, stirring frequently, until cooked through, about 4-5 minutes. Allow to cool.

Place the lettuce on individual plates. Top with the chicken, tomatoes, cheese, corn, cucumber, and red onion. Sprinkle with the tortilla strips.

In a small bowl, mix together the ranch dressing and BBQ sauce. Drizzle over the salad on each plate. Serve immediately. Yield: 4 servings.

Please note that the nutrition facts are estimated based on the ingredients and preparation instructions described in the recipe. They are intended to be used for informational purposes only.



Nutrition Facts

Servings: 4

Amount per serving

Calories **456**

% Daily Value*

Total Fat 20.1g **26%**

Saturated Fat 8.4g **42%**

Cholesterol 92mg **31%**

Sodium 660mg **29%**

Total Carbohydrate 38.7g **14%**

Dietary Fiber 4.1g **15%**

Total Sugars 12.3g

Protein 31.7g

Vitamin D 3mcg **17%**

Calcium 273mg **21%**

Iron 5mg **29%**

Potassium 828mg **18%**

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.

Recipe analyzed by **verywell**