



## Chipotle Chicken Salad

### INGREDIENTS:

1/2 Avocado, mashed with lime juice and pinch of salt  
1 Roma tomato, chopped or sliced  
1/2 Red onions, julienned, or chopped  
1/4 cup Black beans, cooked, drained seasoned with 1/4 tsp. of cumin  
1/4 cup Corn kernels, frozen, then thawed  
2 Tablespoons 2% Sharp Cheddar cheese, shredded  
1 Tablespoon Cilantro, fine chopped  
5 cups Romaine lettuce, chopped  
4 ounces (raw) Chicken breast, boneless, skinless, seasoned with **H3 Pork Rub**  
1/4 teaspoon Salt  
Pinch Pepper  
1 ounce H3 Ranch dressing, with Chipotle sauce (Adobo) (1/2 oz./per person) Adobo chilies come in a small can with Adobo sauce.

### **H3 Pork Rub**

1/3 cup Paprika  
1/4 cup Brown sugar  
2 Tablespoons Black pepper, ground  
2 Tablespoons Salt  
2 teaspoons Dry mustard  
2 teaspoons Cayenne pepper

- Mix all ingredients, and store in air tight container until ready to use.

### PREPARATION:

- Cut all vegetables, and set aside.
- Preheat grill, cast iron skillet, oven, or fry pan.
- Place chicken breasts across grill (if using a grill) Cook 3 minutes one way and then turns (so there is a crisscross pattern) cook an additional 3 minutes.
- Turn chicken over onto other side and repeat the step above. (Doing this will give you great grill marks).
- Once chicken is cooked thoroughly, remove from grill, and cut into 6 strips, set aside.
- Toss lettuce with H3 chipotle ranch dressing, and then top with the rest of the ingredients.

**Number of Servings: 1**

**Serving size: 1 large salad**





**Calories: 304**  
**Fat: 10**

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*Hilton Head Health*



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