

K's Kitchen: Not an ordinary taco salad

By Kathryn Reed

So many recipes that sound good to me come with meat. Such is the case with the one below. But it's also one of the easier ones to eliminate the meat.

Recipes like this are ideal for when there are meat and non-meat eaters at the table. Just put the chicken on the salads of those who want it.

Barbecuing the chicken is a good idea for this dish.



My sister, Tami, originally shared the recipe with me. She got it from "Cooking Light" magazine.

I recommend using a whole avocado and more cilantro. And the chipotle has quite a kick, so judge accordingly based on how much spice your tablemates like.

Putting tortilla chips in a basket allows for the salad to be scooped up that way, too.

This makes enough for four, with leftovers. And that's without the chicken.

Chipotle Chicken Taco Salad

Dressing:

1/3 C chopped fresh cilantro

2/3 C light sour cream

1 T minced chipotle chile, canned in adobo sauce

1 tsp ground cumin

1 tsp chili powder

4 tsp fresh lime juice

$\frac{1}{4}$ tsp salt

Salad:

4 C shredded romaine lettuce

2 C chopped roasted skinless, boneless chicken breasts (about 2 breasts)

1 C cherry tomatoes, halved

$\frac{1}{2}$ C diced peeled avocado

$\frac{1}{3}$ C thinly vertically sliced red onion

1 15 ounce can black beans, rinsed and drained

1 $8\frac{1}{4}$ ounce can no salt added whole kernel corn, rinsed and drained

Dressing: combine first 7 ingredients, stirring well.

Salad: combine lettuce and remaining ingredients in a large bowl. Pour dressing over salad to gently coat. Serve immediately.