

# From our kitchen to yours



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## Santa Fe Salad

**YIELDS:** 4 servings

### Ingredients:

12 oz	can of corn	1/2 cup	grated or shredded cheese
19 oz	can of black beans, rinsed in cold water and well drained	3 tbsp	light coleslaw dressing
1 tbsp	finely chopped, fresh cilantro or parsley	10 oz	chicken breast or thighs, boneless and skin removed, sliced into thin pieces
2-3	green onions, chopped	2 tbsp	hickory smoked barbeque sauce
1	red pepper, cut into 1 inch slices		
1/2	head of lettuce torn into bite sized pieces		

### Directions:

In a large bowl, gently toss corn, black beans, cilantro, green onions, red pepper, lettuce and cheese. Mix in the coleslaw dressing. Divide salad onto four dinner plates (or large salad bowls).

Over medium heat, cook the chicken pieces in a nonstick pan with about 2 tbsp (25 mL) of water. When the chicken is no longer pink inside, add the barbecue sauce. Reduce the heat and simmer for a couple of minutes.

Divide the chicken between the four plates, placing on top of the salad.

