

Tostada Salad

Ingredients

- 4 Chicken breast halves, cubed
- 1 1/2 tsp garlic salt
- 10 ozs frozen corn
- 1 head Butter lettuce
- 5 green onion, chopped
- 1/2 Red pepper, chopped
- 2 Tomatoes, seeded and chopped
- 8 ozs Jack cheese, grated
- 1 can Black beans, drained and rinsed
- 3 cups Crushed tortilla chips

Summary

Yield: 10

Source: Sandi Leach

Prep Time: 45 minutes

Category: Salads

Cuisine: Mexican

Tags: Cumin Salad
Dressing

Instructions

In 2 TBsp oil sauté chicken until not pink. Put in a bowl and sprinkle with garlic salt.

Cook corn according to package directions; add to chicken and refrigerate until chilled.

Min a large bowl mix rest of ingredients. Toss with Cumin salad dressing. Add chicken and corn mixture.

Avocado, sour cream, and salsa optional.