

05/03/12 - Chicken Leftover Salad

Saturday morning the mercury was climbing quite rapidly. The idea of a hot Shabbat lunch didn't sound too appealing. Cold salad using leftover roast chicken, leftover grilled ears of corn and some fresh pico de gallo seemed like a more refreshing idea. This salad needs no oil, is dairy-free, gluten free and very low



Serves 3 to 4

Salad

1 box of prewashed Romaine lettuce hearts, slice in ribbons

3 cups of leftover shredded roast or barbecue chicken

2 ears of grilled corn kernels

Pico de Gallo

3 large tomatoes, small dice

1 Jalapeño chili, minced, no seeds

1/ 2 medium onion, small dice

1/ 2 cup washed, dried, and chopped fresh cilantro

1 ripe avocado, slices or cubes

2 limes, juiced

Sea Salt to taste (optional)

10 corn tortilla chips



Place sliced romaine in a large salad bowl. Add chicken and corn kernels.



In a separate medium bowl, combine pico de gallo ingredients, tomatoes, chili, onion, and cilantro. Season pico de gallo with salt if you like and dress with fresh lime juice. Toss pico de gallo over the salad and mix to combine. Place avocado on top if you prefer. Place corn chips around the perimeter of the bowl. Serve with fresh tortillas.



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