



## **Baja Chicken Salad**

Chili-lime seasoned chicken strips served on a fresh green salad with romaine lettuce, fresh cilantro, tender black beans, roasted fajita peppers and onions, jicama, and shredded cheddar cheese – served with a side of chipotle-ranch dressing.

*Servings: 10 Chicken Salads (1 per serving)*

<b>Ingredients</b>	<b>Amount</b>	<b>Amount</b>
Tyson® Grilled Chicken Filets #15476-928, Tyson® Right 1™ Unbreaded Chicken Patties with foil wrapper		10 ea.
Lime Juice, bottled	1.50 oz.	3 Tbsp.
Southwest Chili Seasoning (see sub-recipe)	1.25 oz.	¼ C
IQF Fajita Pepper & Onion Blend	13 oz.	3? C
Romaine Lettuce Leaves, chopped	32.50 oz.	20 C
Cilantro Leaves, fresh	0.50 oz.	5 Tbsp.
Jicama, fresh, cut into matchsticks	12.15 oz.	2 ½ C
Black Beans, canned, drained and rinsed thoroughly	8 oz.	1 ¼ C
Cheddar Cheese, shredded	4 oz.	1 ¼ C
Chipotle-Ranch Dressing Packets, commercially prepared		10 ea.

### **DIRECTIONS:**

1. Arrange the lime juice and the prepared southwest chili seasoning in separate bowls for dredging. Working with one filet at a time, dredge each frozen filet in the lime juice and then immediately dredge in the seasoning until evenly coated on all sides. Transfer the chili-lime seasoned filets to a sheet pan lined with parchment paper that has been coated in non-stick cooking spray.
2. Heat the seasoned filets uncovered in a preheated 350°F convection oven for 10-14 minutes, or until the minimum internal temperature reaches 165°F. Chill the chili-lime seasoned filets under refrigeration at 38°F before proceeding. Once the seasoned filets are cold slice each one into 5 equal sized strips. Keep each sliced filet together on sheet pans and hold covered under refrigeration at 38°F until ready to serve.

3. Arrange the IQF fajita peppers and onions on a sheet pan lined with parchment paper that has been coated in non-stick cooking spray. Roast the pan of veggies uncovered in a preheated 350°F convection oven for 14-18 minutes, or until the veggies are softened and browned. Cool the pan of roasted fajita veggies under refrigeration at 38°F before proceeding. Hold the roasted fajita veggies covered under refrigeration at 38°F until ready to serve
4. Combine the chopped romaine lettuce and the fresh cilantro leaves in a mixing bowl and gently toss until thoroughly combined. Portion 2-cups of the romaine-cilantro blend into serving bowls. Top each bowl of lettuce with the following: ¼-cup of fajita roasted vegetables; ¼-cup of jicama; 2-tablespoons of black beans; 2-tablespoons of shredded cheddar cheese. Top each salad with 1-chili-lime seasoned chicken filet (5 strips total) and one chipotle-ranch dressing packet. Hold the built salads covered under refrigeration at 38°F until ready to serve. One Baja Chicken Salad per serving.

## **TYSON® PRODUCTS USED:**

#15476-928, Tyson® Right I™ Unbreaded Chicken Patties with foil wrapper, Tyson® Grilled Whole Muscle Filet

## **Southwest Chili Seasoning**

Baja Chicken Salad

Yield: ¼-cup (approximately 1.25-ounces)

Ingredients	Amount	Amount
Chili Powder, mild	0.75 oz.	3 Tbsp.
Granulated Garlic	0.40 oz.	1 Tbsp.
Ground Black Pepper	0.10 oz.	1 tsp

### **DIRECTIONS:**

1. Combine all the ingredients in a mixing bowl and whisk together until thoroughly combined. Hold the prepared seasoning covered at room temperature until ready to use.

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CN Portion	1 piece
M/MA (oz)	2.00
Grain (oz)	0.00
Vegetable (oz)	0.00
Calories	170
Total Fat (g)	11.00
Saturated Fat (g)	2.50
Sodium (mg)	240
Carbs (g)	1
Protein (g)	17

