



BBQ Ranch Chicken Salad

Tender BBQ-seasoned pulled chicken served atop a fresh green salad with romaine lettuce blend, roasted corn, diced tomatoes, black beans, diced jicama, shredded cheddar cheese and creamy BBQ-ranch dressing.

Servings: 10 Chicken Salads (1 per serving)

Ingredients	Amount	Amount
Tyson® Pulled Chicken #46021-928, thawed	22 oz.	4 ½ C
BBQ Seasoning Blend, low-sodium		3 Tbsp.
Romaine Lettuce Blend (see sub-recipe)	19.50 oz.	5 qtrs.
IQF Yellow Corn Kernels	7.20 oz.	1 ½ C
Tomatoes, fresh, cut into a ¼” dice	6 oz.	1 C
Black Beans, canned, drained and rinsed	6 oz.	1 C
Jicama, fresh, cut into a ¼” dice	4.40 oz.	1 C
Cheddar Cheese, reduced-fat, shredded	2.25 oz.	5/8 C
BBQ-Ranch Dressing Cups (see sub-recipe)	10 ea.	2 ½ Tbsp.

DIRECTIONS:

1. Mix thawed pulled chicken and the BBQ seasoning blend in a mixing bowl and gently toss.
2. Arrange the frozen corn kernels in an even layer on a sheet pan lined with parchment paper that has been lightly coated in non-stick cooking spray. Roast the pan of corn kernels uncovered in a preheated 350°F convection oven for 10-12 minutes.
3. Mix the cold roasted corn with the fresh diced tomatoes, canned black beans and fresh diced jicama in a mixing bowl.
4. To build the chicken salads portion 2-cups of the prepared Romaine Lettuce Blend into individual serving bowls. Top each bowl of greens with ½-cup of the prepared mixed vegetables, and then top the vegetables with 1-tablespoon of shredded cheddar cheese. Next top each bowl with ½-cup of the BBQ seasoned shredded chicken.

TYSON® PRODUCTS USED:

Romaine Lettuce Blend

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Yield: 5-quarts (approximately 19.50-ounces)

Ingredients	Amount	Amount
Romaine Lettuce, fresh, chopped	14.25 oz.	2 ½ qtrs.
Baby Spinach, destemmed	3 oz.	1 ¼ qtrs.
Green Kale, fresh, chopped	2.25 oz.	1 ¼ qtrs.

DIRECTIONS:

1. Combine all the ingredients in a mixing bowl and gently toss together until thoroughly combined.

BBQ-Ranch Dressing Cups

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Yield: 10-each (2½-tablespoons)

Ingredients	Amount	Amount
Ranch Dressing, light	9.75 oz.	1? C
BBQ Sauce	4.25 oz.	¼ C
Lemon Juice, bottled	0.30 oz.	1¾ tsp
Garlic Powder		½ tsp
Ground Black Pepper		¼ tsp

DIRECTIONS:

1. Combine all of the ingredients in a mixing bowl and whisk together until thoroughly combined. Portion 2½-tablespoons of the prepared BBQ-Ranch Dressing into 2-ounce portion cups. Place a lid atop each filled portion cup.

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CN Portion	2.2 oz.
M/MA (oz)	2.00
Grain (oz)	0.00
Vegetable (oz)	0.00
Calories	100
Total Fat (g)	4.00
Saturated Fat (g)	1.00
Sodium (mg)	90
Carbs (g)	1

