BBQ Chicken Salad with Creamy BBQ Cilantro Lime Dressing

salad:
3 cups cooked, shredded chicken
1 1/2 cups BBQ sauce
1/2 head iceberg lettuce, chopped
1/2 head romaine lettuce, chopped
3 green onions, chopped
1/2 bunch cilantro, chopped
2 tomatoes, chopped
1 can black beans, rinsed and drained
1 can corn, drained
2 avocados, chopped
shredded cheese
*tortilla strips

Creamy BBQ Cilantro Lime Dressing:
1 cup mayonnaise
1/3 cup milk
1/3 cup buttermilk
2 Tbsp fresh cilantro, chopped
1 Tbsp lime juice
1 tsp white vinegar
1 tsp granulated sugar
1 clove garlic, minced
1/2 tsp salt
1/8 tsp cayenne pepper
1/8 tsp black pepper
1/4 tsp ground cumin
1/4 to 1/2 cup BBQ sauce

Combine all ingredients for dressing in a blender or food processor. Blend until smooth. Refrigerate until ready to serve.

For the salad, combine cooked chicken with BBQ sauce. Refrigerate until ready to use.

In a large bowl, toss together iceberg, romaine, green onions, cilantro, tomatoes, beans, corn, avocados, and cheese. Place salad on plates and top with BBQ chicken, tortilla strips, and dressing.

*Tortilla strips:

Slice 10 corn tortillas into narrow strips. Place on a baking sheet and sprinkle generously with salt. Spray with cooking spray. Place under broiler until crispy and brown.

Serves 8

Recipe adapted from Mel's Kitchen Cafe
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