

MEXICAN CHICKEN SALAD WITH BLACK BEANS, ROASTED CORN AND AVOCADO

INGREDIENTS

1 pound rotisserie chicken (about 1 chicken), diced
1 can black beans, drained and rinsed
1 can yellow corn
2 ripe avocados, pitted and cut into bite sized chunks
handful cilantro, chopped

for the dressing

4 tablespoons mayonnaise
4 tablespoons lime juice
splash of olive oil
1 teaspoon taco seasoning (my mix is here)
salt and pepper to taste

to serve (optional)

bed of lettuce of choice
tortilla chips

DIRECTIONS

In a small mixing bowl, make the dressing. Combine mayonnaise, lime juice, olive oil, spices and salt and pepper. Set aside.

In a large mixing bowl, gently combine diced chicken, black beans, corn and avocado. Don't be rough, otherwise the avocado will get very mushy. Add dressing and chopped cilantro and stir again until coated. Serve on a bed of lettuce or with tortilla chips.