



SOUTHWESTERN SMOKED BBQ CHICKEN SALAD

THE **Farmers Market**
AT MARYLAND



[Serves 4]

INGREDIENTS

MARINADE SEASONINGS

- » 1 tsp garlic powder
- » 1 tsp onion powder
- » 1 tbsp cumin
- » 1 tbsp chili powder
- » 1 tbsp coriander
- » 1 tsp white pepper
- » 2 tbsp brown sugar
- » 1 tbsp salt
- » ½ tsp cayenne pepper
- » ¾ tsp basil
- » ½ tsp thyme
- » ½ tsp oregano
- » ¼ cup lemon juice
- » ¼ cup olive oil

- » 4 boneless chicken breasts
- » ½ cup hickory chips, wet (if desired)
- » 14 oz corn
- » 14 oz black beans
- » salt and pepper to taste
- » 1 cup red onions, sliced thin
- » 3 tbsp Tabasco sauce
- » ½ cup all purpose flour
- » 1 tsp salt
- » 1¼ tsp black pepper
- » 1½ cup lettuce mix
- » ¾ cup tomatoes, halved
- » ¼ cup bbq sauce
- » ¾ ranch dressing



PREPARATION ON BACK >>



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PREPARATION

1. Combine all marinade seasonings in a bowl and mix thoroughly.
2. Add oil and lemon juice and mix. Place chicken in mixture to marinate for at least 1 hour.
3. Place well drained corn in bowl and season with salt and black pepper. Spread out on cooking pan thinly and place in pre heated 370°F oven. Roast for 15 minutes or until corn starts browning. Remove and set aside.
4. Drain black beans thoroughly. Combine with roasted corn and mix gently. Add salt and pepper to taste. Set aside.
5. Oil grates on hot grill. Add a few wet wood chips to hot coals to obtain a smokey flavor to your chicken if desired.
6. Remove chicken from marinade and allow excess to drain. Spray both sides of chicken with pan spray. Place on hot grates and cook until you have grill marks, turn over and grill other side. After marking, move chicken to low heated part of grill and continue to cook.
7. When chicken reaches 165°F internal temperature, remove and allow chicken to rest.
8. Plate with lettuce, tomato, onion, corn, black beans and cut chicken.
9. Combine bbq sauce and ranch dressing with whisk. Pour over each salad and serve.

ENHANCEMENT: FRIED ONIONS

1. Take sliced onions and place them in seasoned flour. Remove and shake off excess flour. Place in bowl of tabasco sauce and coat thoroughly. Drain off excess sauce and place back into flour and coat. Shake off excess flour and place on pan.
2. In deep pan, heat oil over medium heat. When oil is hot (350°F) place onion in oil away from you. Fry for about 2 minutes or until golden brown. Remove from pan and place on paper towels to allow onions to drain.