

Chicken Taco Salad

Yield: 8 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-chinese-chicken-salad-dressing-wood-ranch>

Ingredients:

- 3/4 cup ranch dressing bottled Is Fine
- 1/4 cup salsa as Spicy As You'd Like
- 3 tablespoons cilantro Finely Minced
- chicken
- 2 whole boneless skinless chicken breasts
- 2 tablespoons seasoning taco Seasoning, Or Your Own Mix
- 1/4 cup vegetable oil
- 2 tablespoons butter
- salad
- 1 head green leaf lettuce 1 Large Head Or Two Regular Heads, Shredded Thin
- 3 whole Roma tomatoes Diced
- 1/2 cup pepper jack cheese Grated
- 2 ears corn Shucked
- 2 whole avocados Diced
- 3 whole green onions Sliced
- 1/2 cup cilantro leaves
- tortilla chips Of Your Choice, flavored Or Not, Crushed Slightly

Nutrition:

1. Calories: 600 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 175 milligrams
4. Fat: 39 grams
5. Fiber: 5 grams
6. Protein: 52 grams
7. SaturatedFat: 9 grams
8. Sodium: 520 milligrams
9. Sugar: 2 grams

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