

# Baked Southern Chicken Salad with Bloody Mary Dressing

Yield: 2 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-style-bloody-mary-recipe>

## Ingredients:

- 1 chicken breast large
- 2 teaspoons spice southern, recipe here
- 1 can black-eyed beans drained and rinsed
- 2 handfuls sweetcorn frozen, thawed
- 1 bag salad leaves
- 12 cherry tomatoes halved or quartered
- 1 1/2 tablespoons olive oil
- 1/2 tablespoon vodka
- 1/2 tablespoon lemon juice
- 1 1/2 teaspoons red wine vinegar
- 1/2 teaspoon ketchup
- 1 teaspoon Worcester sauce
- 1 pinch celery salt

## Nutrition:

1. Calories: 1050 calories
2. Carbohydrate: 145 grams
3. Cholesterol: 75 milligrams
4. Fat: 17 grams
5. Fiber: 4 grams
6. Protein: 77 grams
7. SaturatedFat: 4 grams
8. Sodium: 230 milligrams
9. Sugar: 6 grams

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