

Mexican-Style Chopped Salad

with Chicken & Corn

Chopped salads have recently been added to the list of food crazes to sweep the nation in recent years. There's a reason why they're so popular—they feature small bites of lots of fresh, tasty ingredients! This one is a nod to Mexican cuisine where radishes and corn add crunch, and queso fresco, a mild, unaged cheese adds a touch of salty creaminess.



Ingredients



- 2 Boneless, Skinless Chicken Breasts
- 4 Radishes
- 4 Ounces Red Cherry Tomatoes
- 2 Scallions
- 1 Bunch Cilantro
- 1 Ear Corn
- 1 Head Romaine Lettuce
- 1 Lime
- 1 Tablespoon Mayonnaise
- 2 Ounces Arugula
- 2 Ounces Queso Fresco

Makes 2 Servings
About 495 Calories Per Serving

Instructions



Cook the chicken:

Pat the **chicken** dry with paper towels. Season it all over with salt and pepper. In a large pan, heat some olive oil on medium until hot. Add the **chicken** and cook 6 to 8 minutes per side, or until golden brown and cooked through. Transfer the chicken to a plate to cool.



Prepare your ingredients:

While the chicken cooks and cools, wash and dry the fresh produce. Cut the radishes into wedges and place them in a bowl of cold water. Cut the cherry tomatoes into quarters. Thinly slice the scallions. Roughly chop the cilantro. Peel off the husks and remove the silks from the corn. Using a knife in a sawing motion, cut the kernels off the cob. Chop the romaine lettuce into small, bite-sized pieces.



Make the dressing:

In a small bowl, combine the **juice of the whole lime**, **mayonnaise**, and **about 2 tablespoons of olive oil**. Whisk until blended and season with salt and pepper to taste.



Chop the chicken & make the salad:

Chop the cooled chicken into bite-sized pieces. Add the **chopped chicken** to a large bowl along with the **radishes**, **cherry tomatoes**, **cilantro**, **corn**, **romaine lettuce**, and **arugula**. Add some of the dressing (you may not need all of it) and toss to coat. Season with salt and pepper to taste.



Plate your dish:

Divide the salad between 2 bowls. Crumble half the **queso fresco** over the top of each. Garnish with the **scallions**. Enjoy!