

## Barbecued Chicken & Roasted Corn Salad

Blackening the vegetables takes this barbecued salad to a new level, infusing every bite with a smoky and sweet flavor.

### Marinade and Dressing

- ¼ cup lime juice
- 2 tbsp **Sweet & Smoky Barbecue Rub**
- 2 garlic cloves, pressed
- ½ tsp ground cumin
- ½ tsp salt
- ¼ cup vegetable oil

### Chicken and Salad

- 4 boneless, skinless chicken breast halves (4-6 oz each)
- Barbecue Tortilla Chips (optional, see Chef's Corner)
- 1 tsp vegetable oil
- 2 cups fresh corn kernels
- ½ medium red bell pepper, diced
- ¼ cup diced red onion
- ½ cup canned black beans, rinsed and drained
- 2 cups julienne-cut jicama strips



**Prep time:** 30 minutes **Total time:** About 3 hours

1. For marinade and dressing, combine lime juice, barbecue rub, garlic, cumin and salt in Small **Batter Bowl**. Slowly add oil, whisking until well blended. For chicken, cut into thin strips and place in resealable plastic bag; add ¼ cup marinade. Seal bag; turn to coat. Marinate in refrigerator 30-60 minutes. Cover remaining marinade and refrigerate for use as dressing.
2. Meanwhile, if desired, prepare Barbecue Tortilla Chips, and set aside. Heat oil in **Grill Pan** over medium heat 5 minutes. Add corn, bell pepper, and onion; spread evenly over bottom of pan. Cook without stirring 5 minutes or until grill marks appear on vegetables. Remove vegetable mixture to **Stainless Mixing Bowl**. Increase heat to medium-high. Remove chicken from marinade; discard marinade. Cook chicken 5-7 minutes or until no longer pink, turning occasionally. Remove from heat.
3. Add chicken, black beans and reserved dressing to vegetable mixture; toss to coat. Cover, refrigerate about 2 hours or until chilled. For each serving, arrange jicama on serving plate. Top with salad. Serve with Barbecue Tortilla Chips, if desired.

**Chef's Corner:** Roasting the vegetables in the Grill Pan gives them a sweet and smoky flavor. Be certain not to stir the vegetables or they will not blacken in the pan.

For Barbecue Tortilla Chips, preheat oven to 400°F. Brush one side of 4 corn (6-in.) tortillas with ½ tsp vegetable oil. Sprinkle with 1 tsp Sweet & Smoky Barbecue Rub and ¼ tsp coarse salt. Cut each tortilla into four wedges and arrange in a single layer on Large Round Stone. Bake 11-13 minutes or until edges are lightly browned and crisp. Remove from baking stone; cool completely. Yield: 16 chips.

**Yield:** 4 servings

U.S. Nutrients per serving: Calories 360, Total Fat 15 g, Saturated Fat 1.5 g, Cholesterol 65 mg, Carbohydrate 28 g, Protein 31 g, Sodium 650 mg, Fiber 7 g U.S. Diabetic exchanges per serving: 1 starch, 1 vegetable, 4 low-fat meat, ½ fat (1 carb)

**Source:** From The Pampered Chef's *Spin on Salads* Recipe Collection