



## Mike's E-Meal™ Newsletter

30 Jun 06

Summer Salad with Barbecue Chicken  
(Serves two)

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### Summer Salad with Barbecue Chicken

*Summertime is the time for refreshingly cool salads accompanied by grilled meats or vegetables. This recipe uses grilled barbecue chicken to complement garden-fresh greens to make an easy summertime dinner without heating up the kitchen or the cook! Add whatever other fresh ingredients you find at the farmers' market.*

1 large breast [barbecued chicken](#), sliced  
2 cups shredded Romaine lettuce  
2 cups shredded Iceberg lettuce  
1 cup shredded carrot  
1 jalapeño chile, seeded and diced  
1/3 cup sliced red onion  
1/2 cup chopped sweet bell pepper  
1/2 cup chopped celery  
1/2 Hass avocado, cubed  
1 plum tomato, seeded and sliced  
1/4 cup crumbled Colby cheese  
Coarse kosher salt  
Freshly ground black pepper  
1/3 cup Caesar salad dressing (or your favorite dressing)

In a large mixing bowl, combine the lettuces, carrot, jalapeño, onion, bell pepper and celery. Toss well to combine.

Divide the lettuce mixture onto 2 chilled service plates. Top the lettuce with equal amounts of avocado, tomato and cheese. Season with salt and pepper. Drizzle with the dressing.

Layer the sliced chicken atop the salad and serve.

*(Chef's note: If desired, the chicken could be reheated and added to the salad.)*

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### Cooking & Presentation



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