

BBQ Chicken Salad with “Fried” Onions

<http://samanthaelaine.net>

Serves 4

Ingredients:

- 1 red onion, sliced into thin rings
- ¼ cup dry instant potato flakes
- ¼ cup all-purpose flour*
- Grapeseed oil spray
- 8 cups mixed greens
- 2 cups shredded, cooked chicken breast
- 1 cup shredded mozzarella cheese**
- 1 cup jicama sticks
- 1 cup canned black beans, drained and rinsed
- Your favorite BBQ sauce
- Cilantro, for garnish



Directions:

1. Preheat oven to 450. In a bowl, toss onion rings with potato flakes and flour. Season with salt and pepper. Line a baking sheet with foil and spray with grapeseed oil. Spread onions out on baking sheet. Bake for about 20 minutes, stirring every 5 minutes so the onions do not burn.
2. To build salads, toss together mixed greens, shredded chicken, shredded cheese, jicama sticks, and black beans. Drizzle with BBQ sauce and top with “fried” onions. Garnish with cilantro.

*To make this dish gluten-free, use gluten-free flour.

**To make this dish lactose-free, use almond or other dairy-free cheese.