

Chicken, Black Bean, Avocado, and Radish Salad with Lime & Cilantro

Ingredients

2 boneless-skinless chicken breasts, poached, cooled and cut up to make 2 cups diced cooked chicken

1 can (15 oz.) black beans, rinsed and drained well

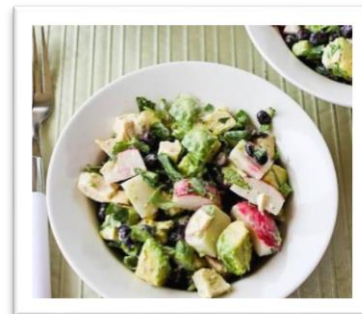
2 medium or large avocados, peeled and diced into 1 inch pieces

1 T fresh-squeezed lime juice (to toss with avocado)

1 bunch radishes - washed, trimmed and cut into pieces

1/2 cup sliced green onion

1/2 cup chopped fresh cilantro (or more)



Dressing Ingredients:

1 1/2 T olive oil

3 T mayo

2 T fresh squeezed lime juice

1 tsp. ground cumin

1-2 tsp. Green Tabasco Sauce

Directions

Dice cooked & cooled chicken.

Rinse black beans into a colander & let drain.

Whisk together the olive oil, mayo, lime juice, cumin, and Green Tabasco.

Put drained beans into a bowl and toss with about half the dressing.

Allow to marinate while you prep other ingredients.

Peel avocado and cut into pieces about 1 inch square.

Toss avocado with 1 T fresh lime juice.

Chop up the radishes, cutting them so each piece has some red skin showing for color.

Slice green onions and chop cilantro.

Add the chicken and chopped radishes to the beans and toss with additional dressing.

Stir in the sliced green onions and chopped cilantro, then gently stir in the avocado.

Season salad well with salt and fresh ground black pepper and serve right away.

Nutrition Facts: 6 servings (per serving)

Calories 251

Total Fat 13g

Total Carbohydrates 18g

Dietary Fiber 7g

Protein 18g

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