

BBQ Chicken Salad

Ingredients:

romaine lettuce, chopped
red onion, sliced
grape tomatoes, sliced in half
cheddar cheese, diced
carrots, sliced
chicken thigh or breast, cooked, sliced
2-4 TBSP barbeque sauce (our recipe below)

Directions:

Toss lettuce, onion, tomatoes, cheese, and carrots in a large bowl. Set aside. Put sliced chicken into a small bowl and stir together with BBQ sauce. Add chicken to tossed salad. Serve with ranch or vinaigrette if desired.

BBQ Sauce

Ingredients:

2 cups ketchup
1 cup Herdez Salsa, medium heat (Mateos is my other favorite salsa to use)
2/3 cup brown sugar
1/3 cup mesquite or hickory flavored liquid smoke
2 TBSP vegetable oil
1 1/2 TBSP soy sauce
1/2 tsp ground mustard
1/2 tsp pepper
3 cloves of garlic, minced (or 1 1/2 tsp garlic powder)

Directions:

Stir together. Simmer on stove if desired.

We love this sauce on our Baked BBQ Pork Ribs- a kid favorite!

 *Helping of Happiness*