

Fiesta Chicken Salad Strata

with Spicy Avocado Dressing

Submitted by: S.H. (Stan) Stewart, La Jolla, CA



6 to 8 Servings

Dressing:

- 1 clove garlic
- 2 medium avocados, peeled, pitted, and chopped
- 1/3 cup low fat mayonnaise
- 1/4 cup low fat dairy sour cream
- 1/4 cup fresh lime juice
- 3 tablespoons prepared chili sauce
- 1/2 teaspoon red pepper flakes
- 1/2 teaspoon cumin
- Salt and freshly ground pepper to taste

Salad:

- 4 cups shredded romaine lettuce
- 1 can (11 ounces) Mexicorn, drained
- 4 cups shredded iceberg lettuce
- 2/3 cup diced red bell pepper
- 1 can (15 ounces) black beans, drained and rinsed
- 2 cups **Pilgrim's Pride** cooked, chopped, boneless, skinless split chicken breasts (about 1 pound), grilled chicken preferred
- 1 cup (4 ounces) shredded Jalapeño pepper cheese
- 1 cup (4 ounces) grated Parmesan cheese

To make dressing, place all ingredients in food processor or blender and process on high speed until smooth. Set aside.

To make salad, place romaine lettuce in a 4-quart glass salad bowl. Layer corn, iceberg lettuce, bell pepper, beans, and chicken in that order. Spread dressing over chicken. Sprinkle with cheeses. Cover and place in refrigerator eight hours or up to 1 day to blend flavors.