

Baja Black Bean Salad With Spicy Grilled Chicken

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- 4 Boneless, skinless Chicken Breast Halves
- 2 Tab. Olive Oil
- 4 Tsp. or to taste of our Spicy Dry Rub (recipe below)
- 4-6 Cups Shredded Lettuce or leafy greens of choice
- Baja Black Bean Salad (recipe below)

Garnishes: Lime Wedges, Sliced Green Onions, Chopped Cilantro, Tortilla Chips or Strips

Spicy Dry Rub

- 3 Tsp. Chili Powder or Chipotle Chile Powder
- 2 Tsp. Ground Cumin
- 1 Tsp. Paprika
- 1 Tsp. Dried Oregano, crushed
- 1/2 Tsp. Granulated Garlic or Garlic Powder
- 1/2 Tsp. Cayenne Pepper or to taste
- 1/4 Tsp. Ground Cinnamon
- 2 Tsp. Sugar
- 1 Tsp. Kosher Salt
- 1/2 Tsp. Freshly Ground Pepper

Combine all dry ingredients, taste to adjust seasoning, and store in an airtight container. (This rub can also be used on the shrimp, fish, steak, or pork chop if you choose to substitute for the chicken breasts.)

If you are looking for a quick, easy, totally delicious and even healthy, light summer meal, look no further than our Baja Black Bean Salad with Spicy Grilled Chicken. It is such a versatile recipe that you could substitute shrimp or fish or even steak or boneless pork chops for the chicken breasts --- whatever is your preference! Whether you enjoy this recipe as a main entrée, an entrée' salad or a delectable Wrap, there's no denying that this summer fiesta dish is both delicious and perfectly light for a hot summer night! Just serve with a frosty cold drink and enjoy this steamy hot Cincinnati summer!

Black Bean Salad

- 1 15- 19 oz. Can of Black Beans, rinsed and drained
- 1-2 Ripe Avocado, seeded, peeled and diced
- 1 Cup Grape or Cherry Tomatoes, quartered
- 1 Cup Frozen Corn Kernels, thawed
- 1/4 Cup Green Onions, sliced thinly
- 1/4 Cup Fresh Cilantro, chopped
- 1/2 Tsp. Ground Cumin
- 2 Cloves Garlic, minced
- 1/2 Tsp. Lime Peel, grated
- 2 Tab. Freshly squeezed Lime Juice
- 1 Tab. Extra Virgin Olive Oil or Canola Oil
- 1/4-1/2 Tsp. Mexican Hot Sauce or substitute finely chopped Jalapeno or 1/4 - 1/2 tsp. crushed red pepper flakes
- 1/2 Tsp. Or more to Taste of Kosher Salt
- Freshly Ground Pepper to taste

Combine the ground cumin through the salt and pepper and blend well or place in shaker jar and shake until well blended. Place remaining ingredients, beans through cilantro, in glass bowl and toss gently with the cumin vinaigrette mixture. If not using immediately, cover bean salad and refrigerate.

Bring to room temperature while preheating grill and grilling the chicken breasts.



For chicken, I find if you place the boneless, skinless chicken breasts in a plastic bag one at a time and pound the thick end of the breast with flat mallet just to even thickness, the chicken breasts grill more evenly. Simply brush your chicken with olive oil and then sprinkle with our spicy rub - you can make it as spicy as you wish.

Depending on thickness of the breasts, grill over medium heat 5-6 minutes per side or until the chicken is done and juices run clear.

Meanwhile, place shredded lettuce or your favorite leafy greens on four dinner plates and top lettuce with Black Bean Salad. You can garnish to the side of the salad with alternating slices of fresh tomato and avocado and maybe even a thin slice or two of white Mexican cheese.

After the chicken is grilled, slice each breast into thin slices and add to the salad plate atop of Baja Bean salad. Garnish with additional chopped onion or cilantro and serve with a wedge of lime to squeeze over the salad if desired. Can also serve with crisp tortilla chips or strips. Colorful, Nutritious, and Delicious!!

NEXT DAY BAJA BLACK BEAN CHICKEN WRAP:

Use leftover chicken, black bean salad, and lettuce to make a delicious Baja Chicken Wrap! You can add extra lettuce, tomato, olives, shredded cheese, and a delectable Chipotle Mayonnaise (simply combine minced or pureed chipotle peppers in adobo sauce to mayonnaise or even cream cheese until well blended to make a delectable Chipotle Mayonnaise). Roll everything up in a flour tortilla - you can use the plain or flavored ones found in the Mexican section of Jungle Jim's - cut in half on the diagonal and ENJOY!