

## Fiesta Black Bean Salad with Grilled Baja Chicken

If you are looking for a quick, easy, totally delicious and even healthy, light summer meal, look no further than our Fiesta Black Bean Salad with Grilled Baja Chicken. Whether you enjoy this recipe as a main entrée or a delectable Wrap, there's no denying that this Fiesta dish is both delicious and perfectly light for a hot summer night! Just serve with a frosty cold drink and enjoy this steamy Cincinnati summer!

### Fiesta Black Bean Salad with Grilled Baja Chicken

4	Boneless, skinless Chicken Breasts
2 Tab.	Olive Oil
4 Tsp.	or to taste of Dry Fajita or Mexican Seasoning
4-6 Cups	Shredded Lettuce
	Black Bean Salad (recipe below)
Garnishes:	Lime Wedges, Sliced Green Onions, Chopped Cilantro Tortilla Chips or Strips

### Black Bean Salad

1	15 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
¼ Cup	Green Onions, sliced thinly
¼ Cup	Fresh Cilantro, chopped
½ Tsp.	Ground Cumin
2 Cloves	Garlic, minced
½ Tsp.	Lime Peel, grated
2 Tab.	Freshly squeezed Lime Juice
1 Tab.	Extra Virgin Olive Oil or Canola Oil
¼-1/2 Tsp.	Mexican Hot Sauce or substitute finely chopped Jalapeno or ¼ - ½ tsp. crushed red pepper flakes
½ 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.

For chicken, I find if you place the boneless, skinless chicken breasts in a plastic bag one at a time and pound with flat mallet just to even thickness, the chicken breasts grill more evenly. Simply brush your chicken with olive oil and then sprinkle fajita or Mexican seasoning of your choice over the breasts. (If you like, you can double the vinaigrette recipe and brush the chicken with the vinaigrette – then right before grilling, brush with oil and sprinkle on



seasoning.) Depending on thickness of breasts, grill over medium heat 4-6 minutes a side or until the chicken is done and juices run clear.

Meanwhile, place shredded lettuce on dinner plates and top lettuce with Black Bean Salad. Top with sliced, grilled chicken breast and 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.

### **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 (adding minced or pureed chipotle peppers in adobo sauce to mayonnaise or even cream cheese). 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!

Hoping you are having a fabulous summer and looking forward to bringing you more summer Foodie favorites! Please contact me with your requests.

Jungle Jim's Margie Potts