

YIELD: 4 SERVINGS

Buffalo Chicken Salad with Spicy Ranch Dressing

PREP TIME

15 minutes

COOK TIME

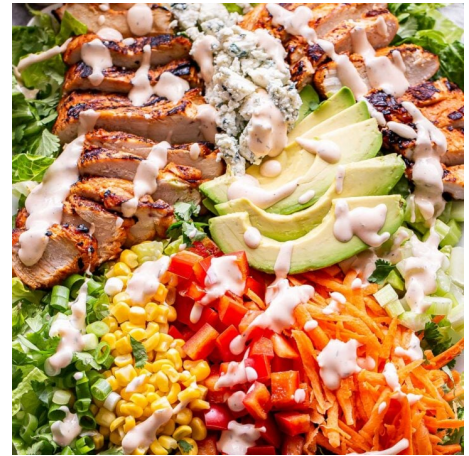
15 minutes

ADDITIONAL TIME

30 minutes

TOTAL TIME

1 hour



Ingredients

Buffalo Chicken

- 1 pound boneless skinless chicken breasts
- 1/4 cup hot sauce
- 1 tablespoon honey
- 1/2 teaspoon ground cumin
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- Kosher salt and fresh ground black pepper to taste

Salad

- 8 cup chopped romaine lettuce
- 2 carrots, grated
- 2 stalk of celery, diced
- 1 red bell pepper, diced
- 2 green onions thinly sliced
- 1/2 cup frozen corn, defrosted
- 1/2 cup crumbled blue cheese (optional)
- Chopped cilantro (optional)

Spicy Ranch Dressing

- 1/2 cup non fat plain Greek yogurt
- 1 tablespoon hot sauce or to taste
- 1 tablespoon lemon juice
- 1 teaspoon honey or to taste

- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/4 teaspoon dried dill
- Kosher salt and fresh ground black pepper
- Water to thin the dressing as needed

Instructions

Buffalo Chicken

1. Add the chicken breasts along with all of the other marinade ingredients to a resealable freezer bag. Press out the air, seal, and massage the marinade into the chicken. Refrigerate for at least an hour or overnight.
2. Preheat grill to 400° F. and spray the grates with oil. Cook the chicken for 6 minutes on the first side then flip and cook another 6-8 minutes or until the internal temperature reaches 165° F. Let the chicken rest for at least 5 minutes before slicing it.

Salad

1. Place the romaine lettuce on a large serving platter or serving bowl. Top it with all of the salad ingredients and the sliced buffalo chicken. Serve with the dressing on the side or drizzled on top.

Spicy Ranch Dressing

1. Add all of the ingredients for the dressing to a mason jar. Screw on the lid and shake until combined. Add a tablespoon of water at a time to the dressing to thin it out until it's a consistency that you like. Taste for seasoning.

Nutrition Information: YIELD: 4 SERVING SIZE: 1

Amount Per Serving: CALORIES: 307 TOTAL FAT: 14g SATURATED FAT: 6g TRANS FAT: 0g UNSATURATED FAT: 6g
CHOLESTEROL: 80mg SODIUM: 1339mg CARBOHYDRATES: 13g FIBER: 3g SUGAR: 8g PROTEIN: 33g

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CATEGORY: Salads

<https://reciprunner.com/buffalo-chicken-salad-spicy-ranch-dressing/>