

# QUICK EASY SALAD

## INGREDIENTS

- 1 bag southwestern salad mix (Walmart's is awesome!)
- 1 can black beans, drained & rinsed
- 1 can sweet kernel corn, drained
- 1 avocado, cubed
- 1 lb cooked chicken, shredded or cubed
- 1 jar of salsa (I like black bean & corn)
- salad dressing of choice



GLUTEN/DAIRY  
FREE



SERVES 4



GREAT AS A MASON  
JAR SALAD!

Make eating healthy easy during your busy summer days with this delicious make-ahead, grab & go, salad!

## INSTRUCTIONS

1. Cook the chicken (can throw into Instant Pot for 15 minutes or crock pot for 3-4 hours) with a jar of salsa & taco seasoning.
2. Toss all of your salad ingredients together.
3. If adding to a mason jar, add chicken to the bottom of the jar, followed by black beans, corn, and any other additions you are adding, followed by cubed avocado, topped off with salad greens.
4. Enjoy!

## NOTES

- Very customizable!
- Store in fridge for up to 5 days.
- Optional add ins: red onion, shredded carrots, cucumbers, celery, quinoa, cauliflower rice

