

Southwestern Chicken Salad: This salad is light and delicious. Perfect for dinner on a hot summer afternoon.

Chicken Mole'

There are several ways you can cook your chicken breasts.

I did it this way, and loved it because the chicken is easy to shred if you cook it with these instructions. And I love shredded chicken.

Cut each chicken breast into 4 pieces and sprinkle with salt and pepper.

In a pot or Dutch oven add your chicken breasts.

Add your spicy mole' sauce (container B), and $\frac{3}{4}$ cup of water.

Stir together and simmer on medium low heat for about 20 min.

Take the chicken out of the pot and shred it. I like to use two forks to do this.

Corn: In a skillet, add a teaspoon of butter and saute' your corn for about 5 minutes on medium heat.

Veggies:

Wash and dry your greens.

Cut your avocado into small pieces

Plate: Put some greens on a plate. Top them with chicken, black beans, corn, tortilla strips, avocado, cheese, and avocado dressing (container A). Toss and enjoy!!