

Southwestern Chicken Salad: This salad is light and delicious. Perfect for dinner on a warm 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 (it is in a small container), 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.

*You can also put the chicken in a bag with the mole sauce and a tablespoon of olive oil. Let it marinate for 20 minutes. Sprinkle with some salt and pepper and grill the chicken.

Veggies:

Chop, wash and dry your lettuce.

Plate: Put some greens on a plate. Top them with chicken, black beans, tortilla strips, cheese, and ranch dressing. Toss and enjoy!!