Southwestern Chicken Salad with Creamy Cilantro Dressing  SERVES 2

Ingredients
For the chicken:
• 2 medium chicken breasts
• 1 tablespoon taco seasoning
• 1/2 teaspoon cumin
• 1/4 teaspoon salt
• Juice of 1/2 lime reserve other half for dressing
• 1 tablespoon olive oil

For the Salad:
• 2 cups romaine lettuce chopped
• 1 ripe avocado sliced
• 1 medium tomato diced
• 1/2 cup black beans rinsed
• 1/2 cup corn rinsed
• 1/4 cup cilantro for topping

Creamy Cilantro Dressing:
• 1/2 cup sour-cream or Greek yogurt
• 1/4 cup packed cilantro with stems
• juice of 1/2 lime
• 1/4 teaspoon salt

Instructions
In a medium bowl, place the chicken breasts, taco seasoning, cumin, salt, lime juice and olive oil. Shake until fully combine and chicken is coated. Allow to marinate for 10 minutes or up to 2 days in advance.

To cook chicken: heat a heavy skillet to medium/high heat (Be sure the skillet is very hot before adding chicken). Add 1 teaspoon oil of choice to skillet. Place the chicken on a skillet and cook for 4-5 minutes on each side. Allow chicken to rest in pan for at least 5 minutes before cutting.

To make the dressing: Place the sour cream (or greek yogurt), cilantro, lime juice, and salt in a blender or food processor. Pulse for a few seconds or just until the cilantro is fully chopped

To Assemble: Place the chopped romaine lettuce on the bottom of a salad plate. Top with avocado, chopped tomatoes, black beans, corn, cilantro, and sliced chicken. Top with cold creamy cilantro dressing just before serving.