



Chicken & Corn Salad with Carrot Ranch

PREP TIME: 20 MINUTES | SERVES: 4-6

Give your favorite bottled dressing a veggie twist with the goodness of carrots! Just puree sliced carrots with ranch or Caesar and a touch of lemon juice. Then, toss with sweet corn, pulled rotisserie or leftover cooked chicken, and other colorful ingredient combinations to create main dish salads perfect for weeknight dinners year-round.

Ingredients

- 1 can (14.5 oz.) sliced carrots, well drained
- 1/2 cup bottled ranch dressing
- 1 to 2 Tbsp. fresh lemon juice or white wine vinegar, to taste
- 4 to 5 cups coarsely shredded romaine lettuce
- 2 cups pulled rotisserie or leftover cooked chicken
- 1 can (15.25 oz.) whole kernel corn, well drained
- 1 cup cucumber chunks
- 1 large red apple, cored and chopped
- 1/2 cup toasted pepitas (pumpkin seeds) or 1/4 cup sunflower seeds
- Cracked black pepper
- Optional Additional Ingredients: crumbled cooked bacon, diced avocado, chopped hard-cooked eggs

Instructions

1. Add carrots, dressing, and lemon juice to a blender or food processor and blend until smooth; set aside.
2. Combine remaining salad ingredients in a large salad bowl and toss. Drizzle salad with dressing and season with pepper. Pass remaining dressing to add more, as desired.

Recipe Variation:

To make Chicken & Corn Salad with Carrot Caesar: Prepare recipe as directed, except use 1/2 cup Caesar dressing instead of ranch, add 1 cup halved cherry tomatoes instead of apple and 1 cup garlic herb croutons instead of pepitas.