

Chicken and Black Bean Salad

(Lunch)

Read It!	(Read your recipe all the way through before you begin!)		
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Place It!	(Get everything out and ready to cook!)	
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Ingredients

¼ cup cider vinegar
3 Tbsp . olive oil
1 Tbsp. minced chipotle chile in abodo
1 tsp. ground cumin
¼ tsp. salt
4 chicken breast halves, cooked and shredded
1 can (15 oz.) black beans, drained and rinsed
1 cup quartered cherry tomatoes
1 large bell pepper, cho pped
¼ cup chopped scallions
¼ cup chopped fresh cilantro

Equipment

Measuring cups and spoons
Small bowl
Whisk
Large bowl
Forks
Colander
Knife
Wooden spoon

	(Time to cook!)	Create It!	
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1. In a small bowl, whisk together the vinegar, oil, chipotle, cumin, and salt. Set aside.
2. In a large bowl, toss together the chicken, beans, tomatoes, bell pepper, scallions, and cilantro.
3. Top with the dressing in the small bowl and stir gently to coat. Serve at room temperature or cold. Makes 4 servings of 1½ cups each.

This is a great lunch option that won't disappoint! Serve with a corn tortilla or chips.