



**BBQ Chicken Chopped Salad**

# Ingredients

- 1 pound boneless, skinless chicken breasts
- 2 garlic cloves, minced
- 1 teaspoon onion powder
- 1 teaspoon salt
- 1 teaspoon smoked paprika
- 1 teaspoon pepper
- 1 1/2 cups [barbecue sauce](#)
- 4 slices of Italian or sourdough bread
- 2 tablespoons [Fustini's Cilantro and Onion olive oil](#)
- 1 teaspoon garlic powder
- 4 scallions
- 2 ears of sweet corn
- 8 ounces butter or romaine lettuce, coarsely chopped
- 4 ounces arugula greens, coarsely chopped
- 1/3 cup torn fresh cilantro
- 1-pint grape tomatoes, quartered
- 4 slices of bacon, cooked and crumbled
- 1 avocado, chopped

## Honey Mustard Vinaigrette

- 2 tablespoons honey
- 1 1/2 tablespoons dijon mustard
- 1 garlic clove, minced
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 cup [Fustini's Iron Fish Honey vinegar](#)
- 2/3 cup [Fustini's Lime olive oil](#)

## Sharon's Hint

Substitute any spicy olive oil or Jalapeno Lime balsamic for more of a kick. Adapted from [howsweeteats.com](http://howsweeteats.com)

## Directions

### Step 1.

Add the chicken to a baking dish or ziplock bag. In a small bowl, whisk together the onion powder, salt, paprika and pepper. Season the chicken with the spice mixture. Add the garlic cloves to the barbecue sauce and pour the sauce over top. Marinate in the fridge for at least 30 minutes (or up to overnight) before grilling.

### Step 2.

Turn on your grill to high heat and let it heat up for about 20 minutes before grilling. Drizzle the bread with olive oil on both sides and cover it with garlic powder. Place the bread on the grates and grill under it toasts and becomes brown – about 2 minutes per side. Remove the bread and set it aside.

### Step 3.

Add the green onions to the grill until charred on each side. Add corn and grill until toasted all around. Grill your chicken until cooked through, about 6 to 8 minutes per side for chicken until internal temperature of 165.

Once your vegetables and chicken have cooled, chop them. Discard the white ends of the scallions and chop the rest. Slice the corn from the cob and chop the chicken into chunks. Take the bread and cut it into chunks.

### Step 4.

Assemble the salad in a large bowl. Mix together the lettuce, arugula and cilantro. Season them with a pinch of salt and pepper and toss. Add in the chicken, scallions, corn, tomatoes, bacon and avocado. Toss and add in the croutons. Serve immediately with the honey mustard vinaigrette.

### Step 5. Honey Mustard Vinaigrette

Whisk the honey, mustard, garlic, salt and pepper and vinegar in a bowl. While whisking, stream in the olive oil until emulsified. Refrigerate until needed.