

## Bar-B-Q Chicken Salad

4 oz..... Lettuce  
1 ea..... Carrot  
½ ea..... Tomato  
1 ea..... Grilled  
Chicken Breast

### Crispy Onions

½ ea..... Onion  
½ c..... Flour  
1 Tbs..... Garlic  
Powder  
1 Tbs..... Onion  
Powder  
2 tsp..... Salt  
1 tsp..... Pepper  
2 c..... Vegetable Oil



1. Mix flour, garlic powder, onion powder, salt and pepper.
2. Slice onion paper-thin and coat well with the flour mixture.
3. Heat oil in a small saucepan.
4. Remove the onions from the flour mixture and deep fry in the hot oil.
5. Remove when they become slightly golden and place on a paper towel to drain any extra oil.

### Dressing

2 Tbs..... White Vinegar  
¼ c..... BBQ Sauce  
1 tsp..... Yellow Mustard  
¼ tsp..... Salt

6. Mix dressing and refrigerate until needed.
7. Place lettuce in a bowl.
8. Peel carrot. With the peeler, peel strips of carrot and add to the lettuce.
9. Chop the tomato into a large dice and sprinkle over the lettuce.
10. Top with crispy onions.
11. Shred Chicken and place over onions.
12. Ladle dressing over the top and enjoy.

The roasted chicken I did last week would work for this salad. If you wanted to add cheese, blue or cheddar would work best. I would use the blue. To make this less fattening don't use the crispy onions use sliced red onions. If you want to make this more fattening but really yummy use crispy fried chicken.

Be creative, have fun and enjoy!!!