



FRIED CHICKEN SALAD

With Buttermilk Dressing

ENJOY A CRUNCHY, TANGY, AND REFRESHING MEAL THAT'S PERFECT FOR SUMMER FUN!

A mix of whole-wheat panko and fine cornmeal adds crunch to this healthy chicken recipe without deep frying. This homemade buttermilk ranch dressing delivers creaminess and delicious flavor!

Ingredients

- 1 ½ cups buttermilk, divided
- 1 ¼ teaspoons garlic powder, divided
- 1 ¼ teaspoons ground pepper, divided
- ¾ teaspoon salt, divided
- 1 pound chicken tenders, halved crosswise
- ⅓ cup mayonnaise
- 3 tablespoons chopped fresh chives and/or dill
- ¾ cup whole-wheat panko breadcrumbs
- ⅓ cup fine cornmeal
- ¼ cup avocado oil
- 2 heads butter lettuce
- 2 medium tomatoes, each cut into 8 wedges
- 1 ½ cups fresh corn kernels (from 2 large ears or thawed from frozen)

Directions:

- Combine 1 cup buttermilk, 1 teaspoon each garlic powder and pepper and 1/2 teaspoon salt in a shallow dish. Add chicken, turn to coat and let marinate for 15 minutes.
- Meanwhile, whisk mayonnaise and chives (and/or dill) in a small bowl with the remaining 1/2 cup buttermilk and 1/4 teaspoon each garlic powder, pepper and salt. Set aside.
- Combine breadcrumbs and cornmeal in a shallow dish. Remove the chicken from the marinade and coat with the breadcrumb mixture. (Discard the marinade.)
- Heat oil in a large nonstick skillet over medium-high heat until shimmering. Add the chicken and cook until browned on the bottom, 3 to 5 minutes. Reduce heat to medium, turn the chicken and cook until browned and an instant-read thermometer registers 165 degrees F, 5 to 7 minutes more.
- Divide lettuce, tomatoes, corn and the chicken among 4 large plates and drizzle with the reserved dressing.



Adapted from EatingWell Recipe