

Eat Happy Kitchen

Anna Vocino

CHICKEN TACO SALAD WITH AVOCADO CILANTRO CREMA DRESSING

(Yields 4 salads)

Salad:

- Romaine lettuce
- 4 radishes, sliced
- 2 tablespoons pumpkin seeds
- 1/4-1/2 cup chopped cherry tomatoes
- Chicken Taco Meat (see below)
- Cheese Crisps (see below)
- Onion Salsa (see below)
- Avocado Cilantro Crema Dressing (see below)

Divide the first 4 ingredients among 4 salad bowls. Top with Chicken Taco Meat, Cheese Crisps, Onion Salsa, and Avocado Cilantro Crema Dressing.

Chicken Taco Meat:

- 1 pound chicken thighs
- Salt and pepper
- 1 heaping teaspoon of Eat Happy Kitchen Taco Seasoning
- 1/2 jar of red or green salsa

Instant Pot Directions:

Season chicken thighs well with salt and pepper. Place in instant pot. Sprinkle EHK Taco Seasoning over chicken thighs. Pour over salsa. Cover with Venting switch set to sealed. Select Manual for 25 minutes. Let

pressurize, cook, and depressurize naturally. Remove lid when safe to do so and break chicken up into bite sized pieces with a fork. Set aside.

Slow Cooker Directions:

If using slow cooker, season chicken thighs well with salt and pepper, place in slow cooker, sprinkle with Taco Seasoning. Pour over salsa. Cook on high 2-3 hours, or until chicken is done through. Shred with fork into bite sized pieces.

Cheese Crisps:

- Brick of Colby or Colby Jack, cut thinly into 1/2" x 2" strips
- 1 teaspoon Eat Happy Kitchen taco seasoning

Preheat oven to 425 degrees. Place cheese slices on a parchment paper lined baking sheet. Let cook 6-8 minutes, or until cheese is crispy. Remove from oven and sprinkle on EHK Taco Seasoning.

Onion Salsa:

- 2 tablespoons finely minced white onion
- 2 tablespoons finely minced jalapeno
- 1 tablespoon finely minced cilantro
- Juice of 1 lime (about 1 tablespoon)
- 1/4 teaspoon salt

Fold in all ingredients until evenly mixed.

Avocado Cilantro Crema Dressing:

- 1 ripe avocado
- 2 tablespoons cilantro leaves
- 1 tablespoon olive oil
- 2 tablespoons lime juice
- 1/2 teaspoon minced garlic
- 1/2 teaspoon salt

- 1/8 teaspoon ground cayenne
- 1/4 cup heavy cream
- 1-2 tablespoons water, if needed

Place all ingredients in a food processor and blend until creamy. If too thick, add water 1 tablespoon at a time until desired consistency.