



# BBQ Chicken Cobb Salad



prep time  
15 minutes



total time  
30 minutes



servings  
6

## Ingredients

- 1 1/2 lbs/675 grams boneless chicken breasts or tenders ~ 23 servings of protein
- 1/3 cup barbecue sauce, store-bought or homemade (check out the [SP BBQ sauce!](#))
- 2 cups fresh grilled or frozen thawed corn ~ 4 servings of carb
- 1 tablespoon extra virgin olive oil or avocado oil ~ 1 serving of fat
- 1/2 cup fresh cilantro, chopped
- 1 dash Chili powder
- Kosher salt and black pepper
- 2 or 3 heads romaine lettuce, shredded ~ 4-6 servings of veggies
- 1 cup black beans, drained and rinsed ~ 2.5 servings of carb, 2.5 servings of protein
- 1 cup cherry tomatoes, halved ~ 1 serving of veggies
- 2 ripe avocados, sliced ~ 4 servings of fat
- 4 bacon slices, cooked and chopped ~ 4 servings of fat, 4 servings protein

### Ranch Dressing

(not included in recipe breakdown)

- 1/4 cup coconut milk ~ 1 fat serving
- 1/4 cup/70 grams non-fat greek yogurt ~ 1 protein serving
- 2 tablespoons avocado oil ~ 2 fat servings
- 2 tablespoons apple cider vinegar
- 1 tablespoon dried chives
- 1 tablespoon dried parsley
- 1 teaspoon dried dill
- 1 teaspoon granulated garlic
- 1 teaspoon sea salt
- 1/2 teaspoon onion powder

### Optional toppings

(not included in breakdown)

- 3-4 hard boiled eggs, sliced
- Avocado slices

backyard bbq

## Instructions

- 1 Heat a grill, grill pan, or skillet over medium-high heat.
- 2 In a medium bowl, toss the chicken with the barbecue sauce to coat. Grill for about 5 minutes per side, until lightly charred and cooked through.
- 3 In a medium bowl, stir together the corn kernels, olive oil, cilantro, and a dash of chili powder. Season with salt and pepper.
- 4 In a large bowl, toss together the lettuce, black beans, and tomatoes. Top with the corn mixture, sliced avocado, and bacon. Finish the salad with the chicken, a drizzle of the avocado ranch (instructions below), and hard-boiled eggs/avocado, if desired. Serve with the remaining ranch alongside.

### Ranch

- 1 Combine coconut milk, coconut yogurt, avocado oil, and apple cider vinegar in a high powered blender. Blend until fully emulsified.
- 2 Add dried herbs, garlic, sea salt, and onion powder to the liquid ingredients and pulse a few times to combine.
- 3 Store in the fridge, in a sealed jar for up to a week.



### Whole Recipe Breakdown:

Protein: 29.5 servings  
Carb: 6.5 servings  
Fat: 9 servings\*  
Veggies: 5-7 servings

\*This recipe is high in fat, so to reduce the fat to fit your nutritional needs you can reduce the amount of: bacon slices, avocado slices, added ranch dressing. Nothing wrong with fat but some people may want less in this meal.

