

BUFFALO CHICKEN GARDEN SALAD



SERVING SIZE

2



INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Boneless Chicken Breasts	12 oz.	Dried Thyme	1 tsp.
Chicken Broth or Water	1 cup	Frank's Buffalo Sauce	¼ cup
Garlic, peeled and smashed	2 Cloves	Iceberg lettuce (thinly sliced)	1 head
Jalapeño, cut into rings	1	Large seedless cucumber (thinly sliced)	1
Salt	1 tbsp.	Celery stalks (thinly sliced)	2
Whole Black Peppercorns	1 tsp.	Red bell pepper (thinly sliced)	1
Whole Mustard Seeds	½ tsp.	Medium red onion (thinly sliced)	½
Fresh parsley leaves (coarsely chopped)	½ cup	Walden Farms Ranch dressing	For serving



PREPARATION

- In a saucepan, add chicken, broth (or water), garlic, jalapeño, salt, peppercorns, mustard seeds, and thyme. Bring to a gentle boil.
- Reduce the heat and simmer for 15-18 minutes, or until the chicken is fully cooked and tender.
- Remove chicken from the liquid and shred or slice into bite-sized pieces.
- Toss the chicken with Frank's Buffalo Sauce until evenly coated.
- In a large bowl, combine lettuce, cucumber, celery, bell pepper, red onion, and parsley.
- Top the salad with buffalo chicken and drizzle with Walden Farms Ranch Dressing before serving.