

Crispy POPCORNERS® Chicken Succotash Salad

Ingredients

Crispy Chicken Tenders:

- 3.5 oz (half a 7-oz bag) SEA SALT
- 2 egg whites
- 1 tsp salt
- 1 lb chicken tenders
- 4 tsp olive oil

Salad:

- 3 oz green beans, chopped (about 1 cup)
- 1 cup frozen corn
- 1 cup frozen edamame or lima beans
- 1/3 cup olive oil
- 3 tbsp apple cider vinegar
- 1 tbsp liquid honey
- 1 tbsp Dijon mustard
- 2 tbsp finely chopped fresh parsley
- 1 clove garlic, minced
- 1/2 tsp salt
- 1/4 tsp black pepper
- 8 cups baby Boston or Bibb lettuce
- 1 cup halved cherry tomatoes
- 1/2 red bell pepper, diced
- 1/4 cup thinly sliced red onion



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
25 min	35 min	60 min	4

Made with



SEA SALT

How to make it

1. Crispy Chicken Tenders: In food processor, pulse POPCORNERS® Sea Salt until finely crushed. Transfer to shallow dish.

2. In another shallow dish, beat egg whites until frothy, and season with salt.
3. Pat chicken dry with paper towel. Dip chicken in egg whites mixture and dredge in crushed chips until well coated.
4. Preheat air-fryer to 400°F according to manufacturer's instructions. In 2 batches, arrange chicken in air-fryer basket. Drizzle with half the oil. Air-fry, flipping halfway through cooking, for 10 to 12 minutes or until golden brown and chicken is cooked through.
5. Salad: Meanwhile, bring medium saucepan of salted water to a boil. Cook green beans for 1 minute. Add corn and edamame; bring back to a boil. Cook for 3 to 5 minutes, stirring occasionally, or until veggies are just tender. Drain and rinse under cold water to stop the cooking.
6. In small bowl, whisk together oil, vinegar, honey, Dijon, parsley, garlic, salt and pepper.
7. In large bowl, toss lettuce with half the dressing and arrange on serving platter. Transfer green beans, edamame, corn, tomatoes, red pepper and onion to the large bowl; toss with remaining dressing. Arrange veggies over lettuce.
8. Slice crispy chicken tenders and arrange on top of salad.