Chopped Chicken Salad

1 head of romaine lettuce

1 can chick peas

1 can black beans

1 cup grape tomatoes, sliced in half

1 chicken breast, shredded

1/2 avocado, cubed

1/2 cup corn, grilled or roasted

2 Tablespoons fresh cilantro

1/4 cup blue cheese or feta

Start with a head of romaine lettuce.  Chop with a knife.

Put into a big bowl.  (Or a smaller bowl.)

Add grilled, cooked chicken.

Add black beans.

Add corn and drained chick peas.

Add tomatoes.

Add avocado.

Add blue cheese or feta.

Add fresh cilantro.