

SOUPS & SALADS

GF

CHICKEN APPLE BACON SALAD

Chicken, bacon, and apple is such a great flavor combination. In this simple salad, you get savory chicken, sweet and salty bacon, and sweet apples. You can add a number of additional ingredients to clear out your fridge or just add lots of texture and flavor to this easy salad recipe.

SERVINGS:

4 people

PREP TIME:

5 minutes

COOK TIME:

10 minutes

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- [ ] 4 slices bacon

DRESSING:

- [ ] ⅓ cup extra virgin olive oil
- [ ] 1/4 cup lemon juice (about 1-1 ½ whole lemons)
- [ ] 1- 1 ½ Tablespoons dijon mustard

SALAD:

- [ ] 1 large head of romaine lettuce, or about 10-12 cups shredded.
- [ ] 1 medium Red Delicious apple
- [ ] ¼ cup chopped toasted pecans
- [ ] ¼ cup shredded cheddar cheese

OPTIONAL TOPPINGS: avocado, thinly sliced red onion, celery, corn, other vegetables

INSTRUCTIONS:

1. Cook bacon and chicken in a large skillet, until both are cooked through.

2. While meat is cooking, add lemon juice, olive oil, and dijon mustard to a small mixing bowl. Whisk together, and set aside.

3. Wash and thinly chop lettuce into shreds. Transfer to large mixing bowl. Core and chop

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dressed individually.

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