

# Healthy Recipe of the Week

*Use Organic ingredients whenever possible.*

## Chicken, Bacon and Avocado Chopped Salad

From [www.gimmesomeoven.com](http://www.gimmesomeoven.com)

4-6 servings

3 boneless, skinless chicken breasts  
Salt and pepper  
1 Tbsp olive oil  
8 cups chopped lettuce  
8 slices nitrate-free bacon, cooked and diced  
4 ounces blue cheese, crumbled (or feta cheese), optional  
2 avocados, pitted and diced  
¼ cup garlic vinaigrette, or more to taste (see recipe below)  
¼ cup chopped green onions

### **Garlic Herb Vinaigrette:**

½ cup apple cider vinegar  
3 garlic cloves, minced  
1 Tbsp Dijon mustard (optional)  
Pinch of salt and freshly-cracked black pepper  
1 Tbsp dried Italian seasonings  
1 ½ cups extra virgin olive oil

1. Season chicken breasts on both sides with salt and pepper. Heat oil in a large skillet over medium-high heat and add chicken. Cook for about 3 minutes per side, or until the chicken is cooked through and no longer pink inside (you could also cook the chicken on the grill).
2. Dice chicken into small pieces.
3. Add the diced chicken, lettuce, bacon, cheese, avocados and tomatoes to a large bowl, and toss until combined.
4. Whisk all the vinaigrette ingredients together.
5. Drizzle or toss with garlic vinaigrette and serve immediately