

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Summertime Chopped Salad

From www.howsweeteats.com

Serves 2

2 ½ cups butter lettuce, chopped
2 ears grilled corn, cut of the cob
½ cup grape tomatoes, quartered
2/3 cups blueberries
2 slices bacon, cooked and crumbled (look for nitrate-free bacon)
2 grilled chicken breasts, chopped
1 avocado, chopped
1/3 cup crumbled feta cheese
½ tsp salt
½ tsp pepper
2 limes, juiced
2 tsp honey
1 tsp red wine vinegar
2 tsp olive oil

1. In a large bowl, mix together lettuce, corn, chicken, avocado, blueberries, tomatoes, bacon and feta. Sprinkle with salt and pepper then toss thoroughly.
2. In a smaller bowl, whisk together lime juice, honey, olive oil and vinegar. Pour over salad, then toss once more.