

FREE SAMPLE RECIPE · HAWKINC KITCHEN

Chicken BLT Salad

Everything you love about a BLT, piled on crisp lettuce with chicken. 26 g protein.

Makes 4 servings | Serving: 1 salad | About $1.22 per serving | 15 min | 5 g net carbs

Ingredients

- 4 turkey bacon strips
- 8 cups lettuce (washed and torn into bite sized pieces)(green leaf, iceberg, red leaf, or romaine)
- 2 cups tomatoes, chopped
- 2 cups chicken breast (boneless and skinless), cooked and chopped
- 4 tablespoons light salad dressing

Nutrition Facts

Per serving (1 salad)

Calories	**200**
Total Fat	7 g
Saturated Fat	1.5 g
Sodium	370 mg
Total Carbohydrate	8 g
Dietary Fiber	3 g
Total Sugars	5 g
Added Sugars	1 g
Protein	26 g
Calcium	66 mg
Iron	2 mg
Potassium	694 mg

Method

1. Cook the turkey bacon as the package directs and crumble it.
2. Put 2 cups of lettuce on each plate.
3. Top each with a strip of crumbled bacon, 1/2 cup tomatoes, 1/2 cup chicken and 1 tablespoon dressing.

Swaps: Add avocado or a hard-cooked egg. Grill, bake or sauté the chicken to 165°F.

Storage: Store components separately up to 3 days; dress just before eating.

Why it's good for you

- Leafy greens supply vitamin K and folate.[1]
- Chicken adds lean protein.[2]

[1] NIH Office of Dietary Supplements: Vitamin K fact sheet, https://ods.od.nih.gov/factsheets/VitaminK-Consumer/
[2] Harvard T.H. Chan School of Public Health, The Nutrition Source: Protein, https://nutritionsource.hsph.harvard.edu/what-should-you-eat/protein/

Recipe adapted from Iowa State University Extension and Outreach, Spend Smart. Eat Smart.: https://spendsmart.extension.iastate.edu/recipe/chicken-blt-salads/. Nutrition per serving and cost as published by the source; method rewritten. General information, not medical advice.

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