

## Bacon Avocado Chicken Salad

by: [myfitnesspla.com/recipe-bacon-avocado-chicken-salad](http://myfitnesspla.com/recipe-bacon-avocado-chicken-salad)

### Ingredients:

- 4 slices center cut bacon, cooked and chopped  
(substitute turkey bacon)
- 1 lb. grilled or poached chicken breast, diced (about 2 cups)
- 1/2 avocado, diced
- 1 cup grapes, halved
- 1/4 cup dried cranberries
- 1/2 red onion, diced
- 1/4 cup Chobani Whole Milk Plain Green Yogurt  
(substitute fat free yogurt)
- 1 tablespoon honey
- 1/2 lemon, juiced  
(substitute 2 tablespoons lemon juice)
- 1/2 lemon zest
- 1 tsp. pepper or to taste

### Directions:

1. In a large bowl, combine bacon, chicken, avocado, grapes, cranberries and red onion.
2. In a small bowl, whisk together yogurt, honey, lemon juice, lemon zest and pepper until blended.
3. Pour dressing over chicken salad mixture and toss to coat.
4. Serve with crackers or on toasted sprouted grain bread with Bibb lettuce.  
(substitute romaine lettuce and make lettuce cups)

Serves: 4

Serving Size 1/4 of recipe

### Per Serving:

Calories: 250; Total Fat 8g; Saturated Fat 2g; Monounsaturated Fat 4g; Cholesterol 100 mg; Sodium 209 mg; Carbohydrate 13g; Dietary Fiber 2g; Sugar: 10g; Protein 28g

### Nutrition Bonus:

Potassium 174 mg; Iron 5%; Vitamin A 1%; Vitamin C 15%; Calcium 2%

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[www.happyandhealthylifestyles.com](http://www.happyandhealthylifestyles.com) | [joyce@happyandhealthylifestyles.com](mailto:joyce@happyandhealthylifestyles.com) | 847-754-1593

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