

Kale Bacon Club Salad

Makes 6 Servings



6 cups kale
1 tablespoon olive oil
1 pinch salt
6 slices bacon chopped
2 cups cooked chicken diced
3 hard-boiled eggs cut in half
1 cup cherry tomatoes halved

For the Ranch Dressing:
3 tablespoons buttermilk
3/4 cup mayonnaise
2 1/2 teaspoons lemon juice
1/4 teaspoon garlic powder
1/2 teaspoon onion powder
1/4 teaspoon salt
1 pinch black pepper
2 teaspoons fresh dill chopped
2 teaspoons fresh parsley chopped
2 teaspoons fresh chives sliced

Wash and finely chop 6 cups of kale. Toss with 1 tablespoon of olive oil and a pinch of salt. Use your hands to firmly massage the kale for 1-2 minutes until the kale turns dark green and tender.

Cook 6 slices of chopped bacon in a skillet over medium heat until crisp. Remove from the skillet with a slotted spoon and drain on paper towels.

To a large serving bowl add kale, bacon, diced chicken, hard-boiled eggs, and cherry tomatoes.

For the Ranch Dressing:

In a bowl whisk together buttermilk, mayonnaise, lemon juice, garlic powder, onion powder, salt, black pepper, dill, parsley, and chives.

Drizzle the dressing over top of the salad and toss to combine.

Serve