❯ LUNCH: CHICKEN, BACON, AND AVOCADO SALAD

🍴 Serves 4

🕐 **Prep: 15 min.**

🔥 **Cook: 24 min.**

AIP

📋 NOTES

If packing this lunch store all of the ingredients separately and combine right before eating. If needed toss the avocado in lemon or lime juice and store in an airtight container to prevent browning.

To make AIP friendly: Omit tomato and replace with cucumber or other favorite salad vegetable.

✔ INGREDIENTS

1 lb boneless skinless chicken breasts
8 slices good quality bacon (gluten, nitrate & nitrite, and sugar free)
1 head romaine lettuce, chopped
2 roma tomatoes, diced
2 avocados, peeled, pit removed, and diced
½ red onion, chopped
½ -1 tbsp cooking fat
Sea salt & freshly ground black pepper

Garlic Vinaigrette:
¼ cup + 2 tbsp extra-virgin olive oil

2 tbsp apple cider vinegar

2 garlic cloves, minced or pressed

1 tsp Dijon mustard

Sea salt & freshly ground black pepper

🔥 PREPARATION

Heat bacon over medium heat in a skillet turning every now and then until crispy, about 5-8 minutes.

Transfer bacon to paper towel covered plate to cool leaving the rendered fat in the skillet.

If needed heat an additional ½ -1 tbsp of cooking fat in the same skillet over medium heat.

Season both sides of the chicken breasts with salt and pepper.

Cook chicken 6-8 minutes on each side or until done. The cooking time will vary depending on the thickness of the chicken.

Remove from pan and let cool for 10 minutes.

While the chicken is cooling prepare the vegetables and chop the bacon into small pieces.

To make the garlic vinaigrette, combine the apple cider vinegar, garlic, Dijon mustard and a small pinch of salt in a salad bowl.

Let sit for a few minutes and then mix in the olive oil and season with a dash of pepper. Stir until ingredients are well combined.

Once the chicken is cool, cut into cubes or shred by hand.

Add all of the vegetables, bacon, and chicken to the bowl with the vinaigrette and toss until well coated.