

BLT Salad with Grilled Chicken & Avocado

35 minutes | 2 servings



Find cookware

[chef's knife](#)
[citrus juicer \(optional\)](#)
[colander](#)
[cutting board](#)
[garlic press \(optional\)](#)
[grill pan, outdoor grill, or skillet](#)
[measuring spoons](#)
[mixing bowls](#)
[tongs](#)
[whisk or fork](#)

Grab ingredients

1	avocado
4 slices	bacon
¾ lb	chicken breasts, boneless skinless
1 clove	garlic
½ pint	grape tomatoes
½	lemon
½ head	romaine lettuce
	black pepper
	extra virgin olive oil
	mayonnaise
	salt

Cook & enjoy

- 1 Heat a grill pan, outdoor grill, or skillet over medium heat.
- 2 Slice the chicken in half horizontally to form thin fillets. Rub both sides with olive oil and season with salt and pepper.
¾ lb chicken breasts, boneless skinless
1 tsp extra virgin olive oil
½ tsp salt
½ tsp black pepper
- 3 Place the chicken and bacon on the grill or skillet. Cook until chicken is golden brown and cooked through and bacon is crispy, 3-4 minutes per side.
4 slices bacon
- 4 Peel and mince the garlic. In a small bowl, prepare the dressing by whisking together the minced garlic, lemon juice, mayo, olive oil, salt, and pepper. Set aside.
1 clove garlic
juice of ½ lemon
1 tbsp mayonnaise
2 tbsp extra virgin olive oil
½ tsp salt
½ tsp black pepper
- 5 Wash the fresh produce.
1 avocado
½ pint grape tomatoes
½ head romaine lettuce
- 6 Halve and pit the avocado; slice crosswise while still in the skin and scoop out with a spoon. Halve the tomatoes. Chop the lettuce crosswise into 1 inch strips.
- 7 Slice the chicken into strips and chop or crumble the bacon.
- 8 To serve, arrange a bed of lettuce on a plate, top with tomatoes, avocado slices, chicken, and bacon. Drizzle with dressing and enjoy!