

Ranch BLT Chopped Salad



SERVINGS: 1

PREP TIME: 15 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- 3 thin slice (yield after cooking) [24 g] Turkey Bacon
- 4 oz [112 g] Skinless Chicken Breast
- 2 tsp [7.2 g] Ranch Seasoning Mix
- 1 medium [148 g] Tomatoes (Roma) (*Diced*)
- 0.25 cup, chopped [31.5 g] Red Onions
- 1 medium [201 g] Cucumber (*Diced*)
- 12 leaf, medium [24 g] Iceberg Lettuce (*Chopped*)
- 0.5 cup [120 g] Plain Non Fat Greek Yogurt
- 1 tsp [4.79 g] Apple Cider Vinegar
- 1 tsp [2.8 g] Garlic Powder
- 0.5 tsp [1.2 g] Onion Powder
- 0.5 tsp [0.5 g] Dill (Dried)
- 1 tsp [6 g] Salt
- 0.25 tsp [0.53 g] Black Pepper
- 2 slice [84 g] Sprouted Grain Bread
- 0.5 tbsp [8 g] Almond Butter

DIRECTIONS

1. Add greek yogurt, apple cider vinegar, onion powder, garlic powder, dried dill, salt, and black pepper to a jar. Close with a lid and shake until combined. Refrigerate ranch dressing until ready to use.
2. Cut chicken breast into 1-inch cubes and toss with ranch seasoning mix. Saute over medium heat in a medium saucepan until the chicken is fully cooked. Remove from the pan and add to a large bowl.
3. Cut turkey bacon slices into 1-inch strips. Saute on medium heat in a medium saucepan until crispy. Remove from the pan and add to the bowl.
4. Add iceberg lettuce, tomatoes, red onions, cucumbers, and ranch dressing to the bowl. Toss until all ingredients are coated in the dressing.
5. Serve with toasted sprouted grain bread topped with a smear of almond butter.

NUTRITION INFO

Calories : 633

Fat : 15.43 g

Carbs : 58.4 g

Protein : 58.64 g

Fiber : 10.78 g