

## Chicken Avocado salad with lemon thyme vinaigrette

Serves 6 # 8 scoop on 1 cup salad blend

Submitted by: Joe Immordino, Food Service Director



### Ingredients

1 head of Romaine or Iceberg lettuce  
2 each ripe avocado Diced  
3-4 each Chicken Breast  
¼ lb. Bacon  
¼ Cup finely chopped red onion  
1-cup grape tomato cut in half

### Dressing

1 tbs. prepared Dijon Mustard  
¼ tsp thyme  
Salt and pepper to taste  
1/8 tsp Onion powder or 1/8 cup of finely chopped onion  
Pinch of garlic powder or 1 clove finely chopped  
½ cup White balsamic or white wine vinegar  
1 ½ cup olive oil  
Juice 1 lemon

For dressing, combine all ingredients and mix well. Reserve until ready to serve.

For Salad, grill or bake chicken breast until done. Dice or julienne chicken as desired.  
Cook bacon until slightly crisp. Let cool, than chop.  
Cut lettuce into bite size pieces  
Remove pit from avocado, peel, than slice thin.  
Finely dice red onion, and cut in half grape tomatoes.  
Combine lettuce, bacon, red onion, and tomato, top with chicken and avocado.  
Add dressing, and mix well.