



Serve this wonderful twist on a BLT to the family along with your favorite vegetable soup for a delicious lunch or dinner. Non SCDers might enjoy putting the salad in pita halves. Save time by using pre-cooked and frozen bacon. Recipe is adapted from Light & Tasty magazine.



Serves 2

BLT Bacon & Blue Cheese Chicken Salad

3 c. shredded Romaine lettuce
1-1/2 c. cooked chicken breast, shredded
4 bacon slices, cooked and crumbled
2 medium tomatoes, seeded and chopped
Avocado (optional)

Dressing:

3/4 c. SCD yogurt
1/4 c. crumbled blue cheese
2 Tbs. Spectrum Organic Mayonnaise



Combine Romaine, chicken, bacon and tomatoes.
Combine dressing ingredients. Toss together and serve.
(You may want to use less dressing since your salad is not being placed in a sandwich.)