

Food for the Spirit

BLT Chicken Salad

Cooking professionally - Time: 1 hour - Yield: 6 servings

- 5 slices bacon
- 3 cups diced cooked chicken
- 1 cup chopped fresh tomato
- 2 stalks celery, thinly sliced
- 3/4 cup mayonnaise
- 2 tablespoons minced green onion
- 1 tablespoon chopped parsley
- 1 teaspoon lemon juice
- 1 dash Worcestershire sauce
- salt & pepper to taste
- 12 leaves romaine lettuce
- 1 large avocado, sliced

1. Cook bacon in a skillet over medium heat until evenly browned for about 10 minutes, flipping once. Remove from skillet to a plate with a paper towel on it to drain excess oil. Crumble into pieces.
2. In a mixing bowl, combine chicken, bacon, tomato, and celery.
3. In a separate bowl, combine mayonnaise, parsley, green onions, lemon, Worcestershire sauce, salt, and black pepper until smooth.
4. Pour over the chicken mixture and coat well. Refrigerate until cold, at least 30 minutes.
5. Garnish with avocado and serve over a bed of romaine lettuce. You can also serve with crackers or as a sandwich, if preferred.

