

Chicken, Bacon, and Roasted Asparagus Salad with Avocado



Serves 4

Ingredients:

- 6-8 slices bacon
- 1 tablespoon butter
- 1 bunch chopped asparagus
- 1 teaspoon lemon pepper seasoning
- 4 cups spinach

- 8 ounces cooked chicken breast
- 1 large ripe avocado
- 1/4 cup olive oil
- 1/4 cup balsamic vinegar
- fresh basil for topping
- salt and pepper, to taste

Instructions:

1. Cook the bacon according to package directions. Drain on a paper towel lined plate and crumble or chop into bite-sized pieces.
2. Melt the butter in a small skillet over high heat. Add the asparagus, sprinkle with lemon pepper, and sauté until golden brown.
3. Cut the chicken into bite-sized pieces. Layer the spinach, chicken, asparagus, and bacon. Cut the avocado into slices and scoop out with a spoon; arrange over the top of the salad. Drizzle or toss with the olive oil and balsamic vinegar. Top with fresh basil, salt and pepper.

Nutrition per serving: Calories 457; Total Fat 32.9 g; Saturated Fat 8.1 g; Monounsaturated Fat 18.5 g; Polyunsaturated Fat: 4.3 g; Total Carbohydrates 11.9 g; Dietary Fiber 5.4 g; Sugar Alcohols 0.4 g; Sugar 5.0 g; Protein 29.9 g; Sodium 683 mg