

## BLTA Pesto Chicken Salad



### Ingredients

- 1 lb. chicken, cooked and cubed
- 6 slices turkey bacon, cooked crisp and crumbled
- 1 medium avocado, cubed
- 16 grape tomatoes, halved
- 1/4 cup vegenaïse or light mayonnaïse
- 2 tbsp. garlic pesto
- 8 large fresh butter or iceberg lettuce leaves

### Directions

1. Wash and cut all produce.
2. Place bacon slices on skillet and cook until crisp. Do not add additional oil to pan.
3. In a large mixing bowl, combine chicken, bacon, avocado, tomatoes, mayonnaïse, and pesto.
4. Place about 1/2 cup mixed salad on each lettuce leaf.
5. Toss gently to coat. Serve immediately.

### Nutritional Information

Calories .....	214
Total Fat.....	12g
Saturated Fat .....	3g
Cholesterol .....	62mg
Total Carbohydrate....	4g
Dietary Fiber .....	2g
Sugar .....	1g
Protein .....	22g
Sodium .....	409mg
Potassium .....	377mg
Serving Size .....	1/2 cup

Adjusted from: <http://peaceloveandlowcarb.com>