



## Recipe of the Month - August 2017

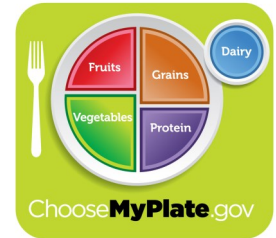
### Chicken BLT Salads

Serves 4

Serving Size: 1 salad

#### Ingredients:

- 4 turkey bacon strips
- 8 cups lettuce (washed and torn into bite sized pieces) (green leaf, iceberg, red leaf, or romaine)
- 2 cups tomatoes, chopped
- 2 cups chicken breast, (boneless & skinless), cooked and chopped
- 4 tablespoons light salad dressing



Make MyPlate Your Plate

#### Directions:

1. Cook bacon according to package directions. Crumble or cut up into small pieces.
2. Put two cups of lettuce on each plate.
3. Top each plate of lettuce with 1 strip of bacon (about 2 tablespoons pieces) and 1/2 cup tomatoes. Add 1/2 cup chicken and 1 tablespoon salad dressing.

#### Tips:

- Cook chicken your favorite way, (until internal temperature is 165°F). You could grill, bake, boil, or sauté it. Two cups of cooked, cubed chicken is about 1 1/2 pounds raw chicken breast (boneless and skinless).

**NUTRITION FACTS PER SERVING:** 200 calories, 7g total fat (1.5 g sat. fat), 75mg cholesterol, 370mg sodium, 8g carbohydrates, 3g fiber, 5g sugar, 26g protein

*Recipe compliments of Iowa State University Extension:  
Healthy & Homemade Meals 2017 Nutrition & Fitness Calendar*