

VeraVia – Chopped Salad with Chicken Fennel, Herbs and Walnuts

Salad

Ingredients:

4 ounces beef bacon, chopped in ½ inch piece and cooked off on stove top over medium heat till crisp but not burnt

6-8 oz. grilled, baked, poached or steamed chicken breast, chopped

1 romaine head, chopped

1 cup cherry tomatoes, halved

½ cup fennel, chopped

½ avocado, chopped

½ c. mixed chopped parsley and chives

¼ c. walnuts, chopped

4 tbsp. vinaigrette

Vinaigrette (yields extra)

Ingredients:

2 tbsp. red wine vinegar

6 tbsp, extra virgin olive oil

½ tsp. Dijon Mustard

½ clove of garlic, crushed and chopped

Salt and pepper

Method:

- Mix garlic and mustard together in a medium bowl and drizzle vinegar in whole mixing. Follow by drizzling oil in while whisking together. Add salt and pepper to taste.

To Assemble:

- Toss all together with vinaigrette and serve. Alternatively, cook chicken and place on top of salad while still hot.