



WHATShEATE



Chicken BLT Salad

READY IN



50 min.

SERVINGS



6

CALORIES



410 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.8 teaspoon pepper black divided
- ☐ 0.5 cup cheese blue crumbled
- ☐ 3 tablespoons canola oil
- ☐ 3 slices bacon crumbled cooked
- ☐ 1 large egg white lightly beaten
- ☐ 1 cup buttermilk fat-free divided
- ☐ 1 tablespoon chives fresh chopped
- ☐ 1 tablespoon optional: dill fresh chopped
- ☐ 1 teaspoon garlic minced

- ☐ 1 medium head iceberg lettuce cored cut into 6 wedges
- ☐ 0.3 teaspoon kosher salt divided
- ☐ 0.3 cup canola mayonnaise
- ☐ 0.8 cup panko bread crumbs (Japanese breadcrumbs)
- ☐ 2 cups plum tomatoes chopped
- ☐ 24 ounce chicken breast halves boneless skinless
- ☐ 2 teaspoons vinegar white

Equipment

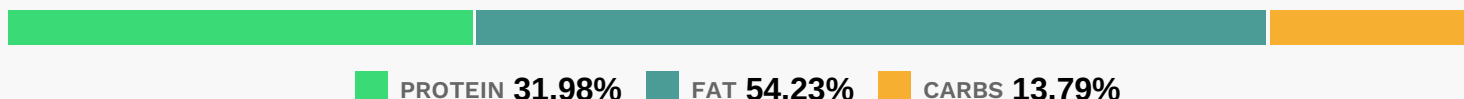
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ cutting board

Directions

- ☐ Preheat oven to 42
- ☐ Combine 1/2 cup buttermilk and egg white in a shallow dish.
- ☐ Place panko in a shallow dish. Dip chicken in egg white mixture; dredge in panko.
- ☐ Sprinkle with 1/4 teaspoon pepper and 1/8 teaspoon salt.
- ☐ Heat an ovenproof skillet over medium heat.
- ☐ Add oil; swirl to coat.
- ☐ Add chicken. Cook 4 minutes; turn over.
- ☐ Bake at 425 for 14 minutes or until done.
- ☐ Let chicken stand 10 minutes; slice crosswise.
- ☐ Combine 1/2 cup buttermilk, 1/2 teaspoon pepper, mayonnaise, dill, chives, and vinegar.
- ☐ Place garlic on a cutting board; sprinkle with 1/8 teaspoon salt. Chop until a paste forms, scraping with the flat side of knife to mash.

- ☐ Add garlic to dressing.
- ☐ Place 1 lettuce wedge on each of 6 plates. Top each serving with chicken, 1/3 cup tomato, and 2 1/2 tablespoons dressing.
- ☐ Sprinkle with cheese and crumbled bacon.
- ☐ If you like pita bread, try Middle Eastern Bread Salad with Chicken: Prepare Chicken BLT Salad through step 3, seasoning chicken with 1/4 teaspoon kosher salt and pepper.
- ☐ Combine 4 cups torn whole-wheat pita, 2 cups halved cherry tomatoes, 1/2 cup torn basil, 1/3 cup thinly vertically sliced red onion, and 1/4 cup chopped pitted kalamata olives in a large bowl.
- ☐ Combine 1/4 cup red wine vinegar, 2 teaspoons Dijon mustard, 1/4 teaspoon kosher salt, and 1/4 teaspoon freshly ground black pepper, stirring well with a whisk. Gradually add 2 tablespoons extra-virgin olive oil, stirring constantly with a whisk.
- ☐ Drizzle dressing over pita mixture; toss to coat. Arrange about 1 1/2 cups salad on each of 6 plates; divide sliced chicken evenly among servings. Top each serving with 1 tablespoon crumbled feta cheese.
- ☐ Serves 6 Calories 382; Fat 4g (sat 5g); Sodium 603mg
- ☐ If you like escarole, try Escarole, White Bean, and Chicken Salad: Prepare Chicken BLT Salad through step 3, adding 1 tablespoon grated lemon rind to buttermilk mixture and 2 teaspoons chopped rosemary to panko, and seasoning chicken with 1/4 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Combine 5 cups torn escarole, 1 cup fresh parsley leaves, and 1 (15-ounce) can rinsed and drained Great Northern beans in a large bowl; sprinkle with 1/4 teaspoon kosher salt and 1/4 teaspoon black pepper.
- ☐ Combine 1/4 cup fresh lemon juice, 2 tablespoons extra-virgin olive oil, 1 teaspoon minced fresh garlic, and 1/4 teaspoon crushed red pepper, stirring well with a whisk.
- ☐ Drizzle over escarole mixture; toss.
- ☐ Place about 1 cup salad on each of 6 plates; divide chicken among servings.
- ☐ Serves 6 Calories 296; Fat 9g (sat 9g); Sodium 313mg

Nutrition Facts



Properties

Glycemic Index:53.17, Glycemic Load:1.5, Inflammation Score:-8, Nutrition Score:21.894347662511%

Flavonoids

Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg

Nutrients (% of daily need)

Calories: 410.3kcal (20.52%), Fat: 24.58g (37.82%), Saturated Fat: 5.33g (33.32%), Carbohydrates: 14.07g (4.69%), Net Carbohydrates: 11.62g (4.22%), Sugar: 6.46g (7.18%), Cholesterol: 90.99mg (30.33%), Sodium: 617.49mg (26.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.62g (65.23%), Vitamin B3: 13.46mg (67.28%), Selenium: 43.41µg (62.01%), Vitamin K: 55.63µg (52.98%), Vitamin B6: 1.01mg (50.42%), Phosphorus: 351.46mg (35.15%), Vitamin A: 1265.64IU (25.31%), Potassium: 815.41mg (23.3%), Vitamin B5: 2.09mg (20.89%), Vitamin C: 15.66mg (18.98%), Manganese: 0.34mg (16.78%), Vitamin E: 2.49mg (16.61%), Vitamin B1: 0.24mg (16%), Vitamin B2: 0.26mg (15.39%), Folate: 56.02µg (14%), Magnesium: 53.05mg (13.26%), Calcium: 112.57mg (11.26%), Zinc: 1.49mg (9.93%), Fiber: 2.45g (9.8%), Iron: 1.51mg (8.41%), Vitamin B12: 0.45µg (7.56%), Copper: 0.14mg (6.85%), Vitamin D: 0.21µg (1.4%)