

rosemary chicken, avocado and bacon salad

Makes 2 servings

RECIPE ADAPTED FROM: [Healthier Christo](#)

COOK TIME: 15 minutes

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- 2 pieces thick slab bacon, diced
 - 3 chicken thighs
 - Sea salt, to taste
 - 1 Tbsp olive oil
 - 2 Tbsp fresh rosemary, minced
 - 1 large avocado
 - 1 head romaine
 - 1 bunch watercress, arugula or other green
 - 1 cup cherry tomatoes, sliced in half
 - ¼ red onion, thinly sliced

Rosemary Vinaigrette

- 2 tsp Dijon mustard
- ¼ cup olive oil
- ¼ cup red wine vinegar
- 1 tsp chopped fresh rosemary
- Sea salt, to taste

COOK the diced bacon in a heavy skillet over medium heat until crispy.

SALT the chicken thighs while the bacon is cooking.

ONCE the bacon is done, set aside.

ADD olive oil and rosemary to the pan, then add chicken thighs.

COOK over medium-high heat until chicken is golden and crispy and cooked through, about 10 minutes.

MEANWHILE, assemble the salad. Combine a bed of romaine and watercress in your bowl or on a platter. Top with cherry tomatoes, red onion and crispy bacon.

SLICE the avocado, sprinkle with salt and pile them on the salad.

ONCE done, remove chicken from pan and slice. Then pile sliced chicken on the salad.

MAKE the vinaigrette by whisking together the rosemary vinaigrette ingredients. Season to taste with salt.

DRESS the salad and serve immediately.

