

Alpine Marinated Chicken Salad

1. Chop cloves of garlic finely and add to marinade (container B).

Container B Ingredients: Olive Oil, Red Wine Vinegar, Worcestershire Sauce, garlic, onion, salt, pepper, red pepper.

2. If you want to grill the chicken, cut the chicken breasts in half. If you want to cook them in a skillet, cut them into 4 strips.
3. Add chicken and marinade to a dish or plastic bag. Let chicken marinate for 10 minutes.
4. Take the chicken out of the marinade and put some salt and pepper on the chicken.
5.
 - a. If you are cooking in a skillet, add a little olive oil to the skillet and cook each piece for about 10 minutes on medium to high heat. Turn them a couple times.
 - b. If you are grilling, cook on each side for about 7 minutes. Make sure chicken is cooked through.

Bacon

Add bacon to a skillet and cook it until it is pretty crispy. Then break it into little pieces.

Dressing

1. Juice and zest a lemon and add it to the container that has Dijon mustard and olive oil. Whip everything really well with a whisk. Add salt and pepper to taste.
2. Crumble blue cheese and add it to the container and stir it in. If the container is too full, you can transfer it all to a bowl.

Container Ingredients: Olive Oil, Dijon Mustard

Plate

Wash your greens.

Slice the avocado into chunks. I like to quarter them.

Cut the tomatoes in half... unless you like them whole

Put greens, avocado, bacon pieces, tomatoes and chicken into separate little piles on your plate. Then you drizzle the dressing over the salad it is really thick and delicious. Start with drizzling a tablespoon, you don't want to over dress this salad. I like to add some salt and pepper to my avocado and tomatoes too. Enjoy!!!