

VB Summer Chicken Salad

A light, protein-packed, and refreshing salad—perfect for summer meals.

Ingredients

Salad

- 1 lb cooked chicken breast, chopped or shredded
(a rotisserie chicken works great too!)
- 2 hard-boiled eggs, chopped
- 2 cobs of corn, kernels removed
- 1 avocado, diced
- 6 stalks of celery, chopped
- ½ red onion, diced
- 4 slices bacon, cooked & crumbled
- ¼ cup fresh basil, chopped
- Salt & pepper, to taste

Dressing

- ¼ cup nonfat Greek yogurt
- 3 tbsp light mayonnaise
- 3 tbsp light-colored balsamic vinegar
- 2 tbsp lemon juice
- 2 tsp Dijon mustard

- 2 tsp salt
- ¼ tsp black pepper

Directions

1. Prep Ingredients

- Cook chicken (or shred rotisserie chicken).
- Hard-boil, peel, and chop eggs.
- Cook corn and slice kernels off the cob.
- Dice avocado, celery, and red onion.
- Cook bacon until crispy, then crumble.
- Chop basil.

2. Make the Dressing

- In a small bowl, whisk together Greek yogurt, mayo, balsamic vinegar, lemon juice, Dijon mustard, salt, and pepper until smooth.

3. Assemble the Salad

- In a large mixing bowl, combine chicken, eggs, corn, avocado, celery, onion, bacon, and basil.
- Pour dressing over the top and toss gently until everything is coated.

4. Serve & Enjoy

- Chill for 15–30 minutes for best flavor. Serve as a main dish, in a wrap, or over greens.

Variations

- Add diced sweet potato, roasted red peppers, or cherry tomatoes for color & sweetness
- Use fresh herbs like dill or parsley instead of basil. Swap chicken for turkey or tuna for variety.