Honey Mustard Chicken Salad

Dressing / Marinade:

⅓ cup honey

3 tablespoons whole grain mustard

2 tablespoons smooth and mild Dijon mustard

2 tablespoons olive oil

1 teaspoon minced garlic

Salt to season

4 skinless and boneless chicken thighs or chicken breasts

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For Salad:

¼ cup diced bacon, trimmed of rind and fat

4 cups Romaine lettuce leaves, washed

1 cup sliced grape or cherry tomatoes

1 large avocado, pitted and sliced

¼ cup corn kernels

¼ of a red onion, sliced

Whisk together dressing ingredients.

Pour half dressing over chicken in a shallow dish. Refrigerate 2 hours.

Refrigerate reserved dressing.

Heat oil in pan. Cook chicken until crispy and cooked through.

Cook bacon in skillet.

Slice chicken into strips.

Place lettuce, tomatoes, corn, avocado and onion in bowl.

​Whisk 2 tablespoons of water into the remaining untouched marinade/dressing and drizzle over the salad.

Sprinkle the chicken and bacon over the top and season with a little extra salt and cracked pepper