



Food's best friend.

## Miss Hélène's Maryland Chicken Salad

This recipe and more from [misshelenes.ca](http://misshelenes.ca)

**Ingredients (per serving)**  
**Makes 1 main course meal.**

1/2 Romaine lettuce heart  
3 cherry tomatoes (quartered or halved)  
2 tbsp dried cranberries  
1 tbsp almonds  
1 tsp sunflower seeds  
1.5 slices bacon, fried crisp and chopped (or 1  
tbsp bacon bits)  
1/8 cup shredded cheese (blend of mozza  
and old cheddar)  
1 fully cooked chicken strip sliced or sliced 3  
oz chicken breast  
2 large or 4 small fully cooked onion rings  
Miss Hélène's Honey Dill Sauce



### Preparation

1. Cook chicken strips and onion rings using preferred method as provided on package when purchased. We usually deep fry ours but some can be oven baked, it's best to follow the package instructions.
  2. Fry bacon crisp and chop in small bacon bit sized pieces (unless using pre-made bacon bits then skip this step).
- TIP: For a healthier alternative use a fully cooked, sliced chicken breast instead of chicken strips, and raw sliced onion instead of onion rings.

### Instructions

1. Wash and cut or shred lettuce. Place in large bowl or pasta dish.
2. Quarter or halve cherry tomatoes. Distribute evenly over lettuce base.
3. Drizzle with Miss Hélène's Honey Dill Sauce.
4. Sprinkle almonds, sunflower seeds, chopped bacon and cranberries and sprinkle evenly over salad.
5. Slice fully cooked chicken strip or breast and spread over center of salad.
6. Sprinkle cheese over salad.
7. Top with onion rings.
8. Drizzle with Miss Hélène's Honey Dill Sauce.
9. Serve