



Lean Chicken "Big Mac" Salad

No drive-thru required (and WAY healthier too).



(See ingredients and recipe on back)

Here's an alternative to a fast-food restaurant classic. This is a leaner option that uses ground chicken (or turkey), but grass-fed ground beef can also be substituted. Here's a burger without the bun, questionable additives, and seed oils. This meal serves up to four people.

Salad Ingredients:

- 1 lb lean ground chicken (or turkey)
- Salt and pepper, to taste
- ½ tsp garlic powder
- ½ tsp onion powder
- 4 cups romaine lettuce, chopped
- 1 cup cherry tomatoes, halved
- ½ cup pickles, diced
- ¼ cup red onion, thinly sliced
- ½ cup shredded cheddar cheese (optional)
- 1 tbsp sesame seeds (optional, for the “bun” effect)

“Special Sauce” Dressing:

- ¼ cup Greek yogurt
- 2 tbsp mayonnaise (or light mayo)
- 1 tbsp yellow mustard
- 1 tbsp ketchup (ideally sugar-free)
- 1 tbsp dill pickle relish
- 1 tsp apple cider vinegar
- Salt and pepper, to taste

Instructions:

1. **Cook the Chicken:** In a skillet over medium heat, cook the ground chicken with salt, pepper, garlic powder, and onion powder until fully cooked and no longer pink, about 5–7 minutes. Remove from heat and let cool slightly.
2. **Make the Dressing:** In a small bowl, whisk together the Greek yogurt, mayonnaise, mustard, ketchup, dill pickle relish, and apple cider vinegar until smooth. Season with salt and pepper to taste. Adjust ingredients if you prefer a slightly sweeter or tangier sauce.
3. **Assemble the Salad:** In a large salad bowl, layer the chopped romaine, cherry tomatoes, pickles, and red onion. Add the cooked chicken on top, followed by shredded cheddar cheese and a sprinkle of sesame seeds, if using.
4. **Drizzle and Toss:** Pour the “special sauce” dressing over the salad. Toss to coat everything evenly, or serve the dressing on the side for individual portions.
5. **Serve and Enjoy:** Divide into bowls and enjoy this lean, protein-packed Big Mac-inspired salad!

Recipe video (and more tasty meals) available on the MaxLiving Healthy Recipes website!