



REAL BALANCED · TONIGHT'S DINNER

bacon ranch chicken salad cucumber boats

PREP 10 MIN · COOK 5 MIN · TOTAL 30 MIN · SERVES 8 · 5★ (7 reviews)

These Bacon Ranch Chicken Salad Cucumber Boats are a quick and easy snack or lunch that features chicken salad made with ingredients like canned chicken, bacon, and cheese that is scooped into hollowed-out cucumber halves.

INGREDIENTS

- ☐ 2 teaspoons avocado oil
- ☐ 15 ounces (3 5-ounce cans) canned chicken (drained, patted dry)
- ☐ 1 teaspoon dried dill
- ☐ $\frac{3}{4}$ teaspoon dried parsley
- ☐ $\frac{1}{2}$ teaspoon garlic powder
- ☐ $\frac{1}{4}$ teaspoon onion powder
- ☐ $\frac{1}{4}$ teaspoon pepper
- ☐ $\frac{1}{8}$ teaspoon salt
- ☐ 6 Tablespoons sour cream
- ☐ $\frac{1}{2}$ cup shredded sharp cheddar cheese
- ☐ $\frac{3}{4}$ cup (~7-8 slices) crumbled cooked bacon ((I use pre-cooked store-bought bacon here))
- ☐ 1 teaspoon apple cider vinegar
- ☐ 4 cucumbers (peeled or unpeeled, based on your preferences (recommended that they be chilled in the refrigerator))
- ☐ Flaky sea salt
- ☐ Freshly-cracked pepper

MAKE IT

1. Prepare Chicken: In a pan over medium heat, heat oil until glistening. Add canned chicken and cook for about 1 minute. Add spices and cook until spices are fragrant, about 1-2 minutes.
2. Prepare Chicken Salad: Transfer chicken to mixing bowl and add sour cream. Mix ingredients until well-combined. Add shredded cheddar, crumbled bacon, and apple cider vinegar and mix again.
3. Chill Chicken Salad: Cover bowl with lid or foil and transfer to refrigerator to chill for 15 minutes.
4. Prepare Cucumbers: While chicken salad chills, prepare cucumber boats by cutting cucumbers in half lengthwise, removing seeds with a spoon, and blotting dry with a paper towel.
5. Prepare Cucumber Boats And Serve: Remove chilled chicken salad from refrigerator and spoon into cucumber boats. Sprinkle on flaky sea salt and crack pepper atop cucumber boats then serve.

PER SERVING 261 calories 19 g protein 4 g carbs 1 g fiber 19 g fat 491 mg sodium

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