

BLT Chicken Salad Sandwich: Smash! Your New Favorite Lunch

- and for me, it's an absolute



TIME
5-10 min

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INGREDIENTS

4 cups cooked chicken, shredded or diced
6 strips bacon, cooked and crumbled
1 cup tomatoes, diced (Roma or cherry tomatoes work well)
1/2 cup celery, diced (optional, for extra crunch)
1/4 cup red onion, finely diced
1/4 cup green onion, thinly sliced
1/2 cup mayonnaise (or sour cream, for a tangier twist)
1 tablespoon apple cider vinegar (or lemon juice)
1/2 teaspoon dried parsley
1/2 teaspoon dried dill
1/2 teaspoon dried chives
1/4 teaspoon garlic powder
1/4 teaspoon onion powder
1/8 teaspoon salt
1/8 teaspoon black pepper

DIRECTIONS

- 1.** Prepare : Salad Base: In a large mixing bowl, combine the cooked shredded or diced chicken, cooked and crumbled bacon, diced tomatoes, diced celery (if using), finely diced red onion, and thinly sliced green onion.
- 2.** Make the : Dressing: In a separate medium bowl, whisk together the mayonnaise (or sour cream), apple cider vinegar (or lemon juice), dried parsley, dried dill, dried chives, garlic powder, onion powder, salt, and black pepper. Whisk until the dressing is smooth and well combined.
- 3.** Combine and : Serve: Pour the prepared dressing over the chicken and vegetable mixture in the large bowl. Stir gently until all the ingredients are well coated and thoroughly mixed.
- 4.** Chill (Optional but Recommended): For best flavor, cover the bowl and refrigerate the BLT Chicken Salad for at least 30 minutes to allow the flavors to meld and deepen.
- 5.** Enjoy: Serve immediately, preferably in or with lettuce wraps, on toasted bread, or with crackers.

SWAPS & NOTES

Chicken: Cooked chicken is essential for this quick recipe.

Rotisserie chicken is a huge time-saver!

You can also boil, bake, or grill chicken breasts and shred or dice them.

Bacon: Cook your bacon until it's nice and crispy for the best texture.

TIPS FOR SUCCESS

Cool Chicken Completely: Ensure your cooked chicken is cold before mixing it into the salad.

This helps maintain a good texture and prevents the dressing from becoming oily.

Crispy Bacon: Make sure your bacon is truly crispy before crumbling.

This adds a crucial textural element to the salad.

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Original recipe: <https://chefmaniac.com/blt-chicken-salad-sandwich-smash-your-new-favorite-lunch/>