



## Bean Salad with Chicken & Bacon

Pulses (legumes) are an important part of the diet here in Spain. Whether home cooked or from can/jar, beans, chickpeas, lentils, etc. are an excellent source of protein, fiber, minerals and more. This recipe, like others here is designed to be a starting point, open for creative "adjustments".

There's an excellent supply of canned legumes in our local shops. The quality is excellent and they're inexpensive. In this case, I used a 400 g (16 oz) jar of white beans from a local supermarket.

### Ingredients

1 - 16 oz jar (or tin) of white beans (rinsed & drained)

1/4 cup - tomato (peeled & diced)

1 - small green onion (white & green parts, thinly sliced)

1/4 cup - diced green pepper

1/4 cup - diced red pepper

1 cup cooked chicken (cut in bite-sized chunks)

4 slices of bacon (diced)

Olive oil, sherry vinegar, salt & pepper

### Preparation

Fry diced bacon in a teaspoon of so of olive oil until crispy

Put the beans, chicken & veg in a large bowl, pour on bacon & the any oil/fat left in the pan.

Sprinkle on salt & pepper to taste, add a splash of vinegar and olive oil.

Mix thoroughly, but gently to avoid crushing the beans. Check for seasoning, adjust.

Best made an hour or so before serving to get the flavors blended.

Garnish with a healthy dollop of mayo and another drizzle of olive oil. Other possible garnishes: sliced jalapeño peppers, slices of hard boiled egg, olives, more crispy bacon...

### Note:

1. This recipe used some poached chicken I had on hand; but any leftover cooked chicken will do nicely.

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