# CHICKEN BACON HUMMUS

## Ingredients:

- 2 tsp avocado oil
- 1 onion, caramelized (optional)
- 2 green onions, sliced thin
- 2 cups cooked, shredded organic chicken (rotisserie chicken works well here)
- 6 strips bacon, cooked and chopped
- 3 cloves garlic, minced
- 1/4 tsp sea salt
- 1/4 tsp ground black pepper
- 1 tsp dried dill
- 1 tsp dried parsley
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- pinch cayenne pepper (optional)
- 1-13oz container roasted garlic hummus
- 1/4 cup shredded cheddar cheese (optional)




Serve with:

- sliced cucumbers
- carrot sticks
- celery sticks
- cherry tomatoes
- your favorite crackers

## Directions:

1. Pre-heat oven to 350°F and place an 8″ oval or similar-sized oven-safe dish on a rimmed baking sheet.
2. Heat oil in a medium skillet over medium-high heat. When hot, add caramelized onion, green onion, shredded chicken, bacon, garlic, salt, pepper and spices. Cook for 1-2 minutes until crisp and fragrant. Let cool for 5 minutes. Add hummus to combine.
3. Place hummus mixture into oven safe container and sprinkle with cheddar cheese.
4. Bake for 20-25 minutes, or until fully heated through and the cheese is melted.
5. Serve with crackers and vegetable crudité.
6. Makes 6 servings.

NUTRITION PER SERVING:

Calories: 374, Sugar 1g, Sodium 739mg, fat 23g, Sat fat 5g, Carbs 9g, Fiber 3g, Protein 26g, Cholesterol 69mg

Reference: https://lexiscleankitchen.com

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