

BLT Salad

Heart Healthy Recipe of the Month

Here's a Salad Version of America's Greatest Sandwich

Source: <http://www.eatingwell.com>

Number of Servings: Four 1 1/4 C servings

Ingredients:

- 1 C cubed whole-wheat bread
- 2 tsp extra-virgin olive oil
- 4 medium tomatoes, divided
- 3 tbsp reduced-fat mayonnaise
- 2 tbsp minced chives or scallion greens
- 2 tsp distilled white vinegar
- 1/4 tsp garlic powder
- Freshly ground pepper to taste
- 5 C chopped hearts of romaine lettuce
- 3 slices center-cut bacon, cooked and crumbled

Directions

1. Preheat oven to 350°F. Toss bread with oil and spread on a baking sheet. Bake, turning once, until golden brown, 15 to 20 minutes.
2. Cut 1 tomato in half. Working over a large bowl, shred both halves using large holes on a box grater. Discard skin. Add mayonnaise, chives (or scallion greens), vinegar, garlic powder and pepper; whisk to combine.
3. Chop remaining 3 tomatoes. Add tomatoes, romaine and croutons to the bowl with the dressing; toss to coat. Sprinkle with bacon.

Nutrition Content:

Calories: 151
Total fat: 6g
Saturated fat: 1g
Cholesterol: 5 mg
Sodium: 306 mg
Total fiber: 4 g
Protein: 5 g
Carbohydrates: 20 g