

BLT CAESAR

Time: 15 minutes

Serves: 2

Ingredients:

6 strips bacon
1 tablespoon fresh lemon juice
2 tablespoons olive oil
1 clove crushed garlic
1/2 teaspoon Kosher salt
1/8 teaspoon fresh crushed black pepper
1 head romaine lettuce
2 tomatoes

Preparation:

Preheat a frying pan on medium to medium-low heat and add the bacon strips once the pan is hot.

While the bacon is cooking, make the dressing by whisking together the lemon juice, olive oil, garlic, salt and black pepper in a small container. If you don't have a miniature whisk, a fork will do. It's properly mixed once it thickens slightly.

Once the bacon begins to crisp on one side, turn it and allow it to crisp through. Remove it from the pan and place on paper towels to drain.

Wash and chop the lettuce and tomatoes to your liking.

Toss the vegetables with the dressing and place into bowls.

Cut or crumble the bacon over the salad and enjoy!

Nutritional Information Per Serving:

Calories: 329
Fat: 26g
Carbs: 15g
Fibre: 8g
Protein: 14g