

COOK'S SALAD

Time: 30 minutes

Serves: 4

Ingredients:

- 12 slices bacon
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons apple cider vinegar
- 2 teaspoons tomato paste
- 1 teaspoon stevia (or other sweetener equivalent to 1 teaspoon sugar)
- 1 large clove garlic - very finely chopped or crushed
- ¼ teaspoon dry mustard powder
- ¼ teaspoon kosher salt
- ¼ teaspoon fresh ground black pepper
- 1 pound leafy greens – washed
- ½ small red onion – very thinly sliced
- 2 ounces smoked white cheddar - grated

Preparation:

Preheat your oven to 400F. Line a baking sheet with foil and place the bacon strips on it in a single layer. Bake for twenty minutes or until crisp.

While the bacon is cooking, whisk together the olive oil, vinegar, tomato paste, stevia, garlic, mustard, salt and pepper.

Toss the salad leaves and onion with the dressing mixture.

Plate the dressed salad, topping with the bacon cut into one-inch pieces. Sprinkle with the cheese and serve immediately.

Nutritional Information Per Serving:

- Calories: 304
- Fat: 26g
- Carbs: 4g
- Fibre: 2g
- Protein: 14g