

ONION EGG & BACON SALAD

Time: 15 minutes (plus bacon and egg cooking)

Serves: 6

Ingredients:

2 tablespoons white wine vinegar
1 tablespoon yellow onion – finely chopped
1 egg yolk – raw
½ teaspoon kosher salt
1 pinch fresh ground black pepper
½ cup extra-virgin olive oil
½ cup caramelized onion cheese - grated
2 heads romaine lettuce – torn
3 hard boiled eggs – grated
6 strips crisp bacon - crumbled

Preparation:

Place vinegar, onion, egg yolk, salt and pepper in a blender. Cover and turn on blender. Drizzle in oil until emulsified.

Pour the dressing into a large bowl and whisk in the cheese.

Add the romaine to the bowl and toss to evenly coat.

Plate the romaine topped with the grated egg and bacon.

Nutritional Information Per Serving:

Calories: 314
Fat: 28g
Carbs: 7g
Fibre: 4g
Protein: 11g