

BLT Salad 2.0

Time: 10 minutes

Serves: 4

Ingredients:

10g fresh lemon juice
3g salt
0.5g fresh ground black pepper
1 clove garlic - finely chopped or grated
30g extra-virgin olive oil
150g mixed greens
150g grape tomatoes - halved
6 thick strips bacon - cooked crisp and crumbled or chopped

Preparation:

In a large bowl, whisk together the lemon juice, salt, pepper, and garlic.

Drizzle the olive oil into the lemon juice mixture while whisking constantly.

Add the greens and tomatoes. Toss to coat evenly.

Serve immediately topped with the bacon.

Nutritional Information Per Serving:

Calories: 153	Hand-Size Portion Guide
Fat: 12g	Palms of Protein: 0
Carbs: 5g	Fists of Vegetables: 1
Fibre: 1g	Cupped Hands of Carbs: 0
Protein: 5g	Thumbs of fat: 1