
Blue Cheese Salad Spears

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5 slices bacon

Little Gem or other baby lettuce leaves

chunky blue cheese dressing

1/2 cup cherry tomatoes, chopped

2 hard-cooked eggs, chopped

few grinds pepper

In a large nonstick skillet over medium-high heat, cook five bacon strips until crisp, about 6 minutes. Drain on paper towels. Crumble.

Remove the leaves from the head of baby lettuce.

Drizzle with chunky blue cheese dressing, then top with the cherry tomatoes, crumbled bacon, eggs and pepper.

Appetizers

Per Serving (excluding unknown items): 346 Calories; 26g Fat (68.0% calories from fat); 23g Protein; 4g Carbohydrate; 1g Dietary Fiber; 451mg Cholesterol; 652mg Sodium. Exchanges: 3 Lean Meat; 1/2 Vegetable; 3 Fat.