

## Salad

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# Del Frisco-Style Salad with Avocado Dressing

Del Frisco's Steakhouse - Dallas, TX

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**Servings: 8**

### **AVOCADO DRESSING**

**2 large ripe avocados**

**1 cup sour cream**

**1 cup light cream**

**1 tablespoon grated onion**

**1 dash cayenne**

**1 teaspoon salt**

**2 cloves garlic, crushed**

**2 tablespoons lemon juice**

### **SALAD**

**4 heads bBibb or Romaine lettuce, torn into bite-size pieces**

**16 strips crisply cooked thick bacon**

Place all of the dressing ingredients in a blender or food processor and blend until smooth.

Cover tightly with plastic wrap and refrigerate for a few hours.

Place ice cold lettuce into cold bowls.

Add two tablespoons of dressing.

Crisscross two pieces of bacon on top.

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Per Serving (excluding unknown items): 123 Calories; 12g Fat (84.7% calories from fat); 2g Protein; 3g Carbohydrate; trace Dietary Fiber; 33mg Cholesterol; 294mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 0 Fruit; 0 Non-Fat Milk; 2 1/2 Fat; 0 Other Carbohydrates.