

## Salad

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# BLT Salad Bowl

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**Servings: 4**

**8 slices cooked bacon**

**4 cups sliced lettuce**

**1 cup halved yellow AND/OR red grape tomatoes OR chopped Florida tomatoes**

**1 cup low-fat croutons**

**1/4 cup light mayonnaise**

**1 tablespoon water**

**1 tablespoon cider vinegar**

**1/2 teaspoon sugar**

In a bowl, combine the bacon, lettuce, tomatoes and croutons.

In a smaller bowl, whisk together the mayonnaise, water, vinegar and sugar.

Toss the salad with the dressing.

Place in bowls and serve.

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Per Serving (excluding unknown items): 110 Calories; 9g Fat (74.3% calories from fat); 4g Protein; 3g Carbohydrate; 0g Dietary Fiber; 16mg Cholesterol; 277mg Sodium. Exchanges: 1/2 Lean Meat; 1 1/2 Fat; 0 Other Carbohydrates.