

## Salad

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# BLT Salad

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St Lucie News Tribune

**Servings: 4**

**Start to Finish Time: 25 minutes**

**1 cup whole wheat country bread, cubed**  
**2 teaspoons extra-virgin olive oil**  
**4 medium tomatoes, divided**  
**3 tablespoons reduced-fat mayonnaise**  
**2 tablespoons chives or green scallions, minced**  
**2 teaspoons distilled white vinegar**  
**1/4 teaspoon garlic powder**  
**freshly ground pepper (to taste)**  
**5 cups hearts of Romaine lettuce, chopped**  
**3 slices center-cut bacon, cooked and crumbled**

Preheat the oven to 350 degrees.

Toss the bread with oil and spread on a baking sheet. Bake, turning once, until golden brown, 15 to 20 minutes.

Cut one tomato in half. Working over a large bowl, shred both halves using the large holes of a box grater. Discard the skin.

Add the mayonnaise, chives (or scallion greens), vinegar, garlic powder and pepper. Whisk to combine.

Chop the remaining three tomatoes. Add the tomatoes, Romaine and croutons to the bowl with the dressing. Toss to coat. Sprinkle with bacon.

Yield: 4 1 1/4 cup servings

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Per Serving (excluding unknown items): 76 Calories; 6g Fat (62.7% calories from fat); 1g Protein; 7g Carbohydrate; 1g Dietary Fiber; 4mg Cholesterol; 64mg Sodium. Exchanges: 0 Grain(Starch); 1 Vegetable; 1 Fat; 0 Other Carbohydrates.