



## BLT Salad

12 slices crisply-cooked bacon  
4 cups shredded romaine  
16 dried tomato halves: drained if packed in oil, rehydrated if dried  
8 ounces fresh mushrooms, thinly sliced  
4 tablespoons olive oil  
3 tablespoons red wine vinegar  
1/8 teaspoon sugar  
Salt and pepper, to taste  
1/4 cup sliced green onions

### Cooking Directions

Coarsely crumble bacon and set aside. In large bowl, toss together romaine, tomatoes and mushrooms. Whisk together olive oil, vinegar, sugar and seasonings; toss with salad mixture and divide evenly among four dinner plates. Top each salad with some bacon and sliced green onion.

Serves 4.

### Serving Suggestions

Who says a BLT has to be a sandwich? This pretty salad is a great lunch or light dinner. Serve with cornbread and a tall glass of ice tea.

### Nutrition Facts

|                                  |                               |
|----------------------------------|-------------------------------|
| <b>Calories</b> 280 calories     | <b>Protein</b> 9 grams        |
| <b>Fat</b> 24 grams              | <b>Sodium</b> 320 milligrams  |
| <b>Cholesterol</b> 15 milligrams | <b>Carbohydrates</b> 10 grams |

*Courtesy of the National Pork Board*