

# BLT Salad (THM S)

Single Serve

## **Ingredients:**

- 1 bag of salad mix salad (or 2 cups chopped romaine)
- 1/2 medium tomato, chopped
- 3 slices of bacon, cooked and chopped
- 1 Tbsp mayonnaise
- 1/2 tsp mineral salt
- 1/2 tsp black pepper
- Optional: a sprinkle of shredded cheddar

## **Directions:**

Mix all ingredients together in a large salad bowl. Enjoy cold!