

Crispy Turkey-Bacon Salad

4 Servings



What you need:

- 1/3 cup fat-free mayonnaise or salad dressing
- 4 Tbsp fat-free milk
- 3 Tbsp oil-packed dried tomatoes, chopped and drained
- 1/2 tsp bottled minced garlic (or one clove)
- 1 cup whole grain croutons
- 10 oz (~5 cups) mixed salad greens
- 2 oz (~1 cup) raw spinach
- 3 plum tomatoes, seeded and chopped (1 cup)
- 1 cucumber, halved lengthwise and thinly sliced
- 1/4 cup red onion, chopped
- 1/2 cup fat-free or reduced-fat mozzarella cheese, shredded or cubed (2 oz)
- 6 slices turkey bacon, cooked crisp, grease drained, crumbled

All you do:

1. For dressing, combine mayonnaise/salad dressing, milk, dried tomatoes, and garlic in blender or food processor and blend until tomatoes and garlic are finely chopped and ingredients are well mixed. If you do not have a blender or a food processor, ingredients may be mixed by hand briskly with a fork or whisk in a medium bowl (very finely chop dried tomatoes and garlic before mixing by hand).
2. In a large bowl, toss together croutons, salad greens, spinach, chopped tomato, cucumber, onion, cheese, and turkey bacon.
3. Drizzle with dressing and toss to lightly coat.

TIP FOR SPEEDY PREPARATION: Place bacon on a paper plate and cover with microwave safe paper-towel. Cook for 4-5 minutes on 100% power.

NUTRITION FACTS : Total calories: 155 Total Fat: 5g Saturated Fat: 1.5 g
Carbohydrate: 16g Protein: 12g Fiber: 4g Sodium: 700mg