

DECONSTRUCTED BLT SALAD WITH AVOCADO DRESSING

Gluten Free, Higher Fiber, Lower Saturated Fat, Lower Sodium

Serves: 4 (Serving = salad plus 3 Tablespoons dressing)

Nutrition (per serving)

Calories: 261

Total Fat: 12 g

Saturated Fat: 2 g

Sodium: 446 mg

Total Carbohydrate: 29 g

Dietary Fiber: 7 g

Total Sugars: 15 g

Protein: 13 g



Ingredients

BLT Salad

- 4 romaine hearts, halved
- 2 cups cherry tomatoes, quartered
- 10 strips cooked turkey bacon, chopped

Avocado Cilantro Dressing

- ¼ cup light sour cream
- 1 ½ Tablespoons honey
- ½ garlic clove
- ½ medium avocado

- 1 1/3 cups cooked brown rice
- 1 1/3 cups no salt added canned corn, drained
- ½ cups green onion, sliced

- 1 Tablespoon lime juice
- 1/8 cup fresh cilantro leaves
- 1 teaspoon water



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Directions

1. Plate 2 halved romaine hearts face down on 4 plates. Divide remaining salad ingredients evenly over 4 plates.
2. To make avocado cilantro dressing, combine all ingredients in a food processor or blender until fully combined. Drizzle 3 tablespoons over the top of each salad before serving.