

DECONSTRUCTED BLT SALAD WITH AVOCADO DRESSING

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 Carbohydrate: 29
Total Fat: 12 g	Dietary Fiber: 7 g
Saturated Fat: 2 g	Total Sugars: 15 g
Sodium: 446 mg	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

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.