

BLT Salad (Bacon, Lettuce & Tomato Salad)

From the Orange County Register, probably about 1994



- 1/2 cup mayonnaise, fat-free is fine
- 1/4 cup seasoned rice vinegar
- 1/2 head iceberg lettuce
- 4 whole tomatoes, fresh only
- 1/2 pound bacon, meaty slices only
- 1 1/2 cups bread cubes
- 2 tbsp fresh basil, minced (optional)

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>

Servings: 4

This salad is deceptively easy and delicious. I think I use less bacon, but then I always use thick-sliced and it's very meaty bacon. Tomatoes need to be very ripe, so this is a salad I prepare mostly in the summertime. The basil and bread cubes are an addition I've made over the years. This salad is one of Dave's very favorite and he asks for it when tomatoes are at their peak.

1. Allow bread cubes to stale slightly at room temperature, or you may toast them in the oven briefly. You don't want to have real soft bread, as it will absorb too much dressing and get soggy.
2. In small pan sauté bacon until thoroughly brown and crisp; drain on paper towels and set aside. Break bacon into small pieces when cool. It is best to do this just before serving as bacon won't stay crisp more than about 30 minutes.
3. In a small bowl combine mayonnaise and rice vinegar and stir (or shake in a small bottle) until thoroughly combined.
4. In a large salad bowl chop lettuce, add chopped tomatoes, basil and bread cubes. Add dressing, toss, arrange on serving plates and sprinkle bacon pieces on top.

Per Serving (excluding unknown items): 605 Calories; 52g Fat (76.0% calories from fat); 21g Protein; 16g Carbohydrate; 3g Dietary Fiber; 58mg Cholesterol; 1176mg Sodium. Exchanges: 1/2 Grain(Starch); 2 1/2 Lean Meat; 1 1/2 Vegetable; 6 Fat; 0 Other Carbohydrates.