

Iceberg Wedge with Warm Bacon and Blue Cheese Dressing

Bon Appetit, January 2006



- 1 1/2 cups mayonnaise, can use fat-free
- 2 tablespoons fresh lemon juice
- 1 tablespoon ground black pepper
- 1 teaspoon hot pepper sauce
- 1 cup blue cheese, coarsely crumbled
- 1 tablespoon buttermilk, optional
- 1/2 pound thick-sliced bacon, cut crosswise into 1-inch pieces
- 1 head iceberg lettuce, cut into 6 wedges, each with some core attached, or Romaine
- 1/2 whole red onion, very thinly sliced, or green onions

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

Servings: 6

You don't use all the dressing, so the calorie count is likely way off.

1. Mix first 4 ingredients in medium bowl. Add blue cheese and stir until well blended. If too thick, thin with buttermilk by tablespoonfuls to desired consistency. Can be made 1 day ahead. Cover and chill.
2. Cook bacon in large skillet over medium heat until golden brown and beginning to crisp. Arrange lettuce on plates. Spoon dressing over. Using slotted spoon, transfer warm bacon from skillet onto salads, dividing equally. Garnish with red onion.

Per Serving (excluding unknown items): 700 Calories; 71g Fat (87.7% calories from fat); 17g Protein; 5g Carbohydrate; 2g Dietary Fiber; 66mg Cholesterol; 1212mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Non-Fat Milk; 7 1/2 Fat; 0 Other Carbohydrates.