



BLT Chopped Salad



1 small head romaine lettuce, chopped
4 slices bacon, cook and crumbled
1 pint grape tomatoes, halved
1 cup sweet corn (fresh, frozen and thawed, or canned)
1 avocado, pitted and diced

2 ounces crumbled feta cheese
1 1/2 Tablespoons olive oil
1 lime, juiced
1/8 teaspoon salt
1/4 teaspoon pepper

Instructions: In a large bowl, toss lettuce, bacon, tomatoes, corn, avocado and feta. In a small bowl or shaker, make the dressing by whisking oil, lime juice, salt and pepper. Pour over salad and toss. Divide into three bowls for serving.

Yield: 3 servings

Nutrition Facts (per serving): 340 calories, 21 grams fat, 520 milligrams sodium, 28 grams carbohydrate, 6 grams fiber, 11 grams protein