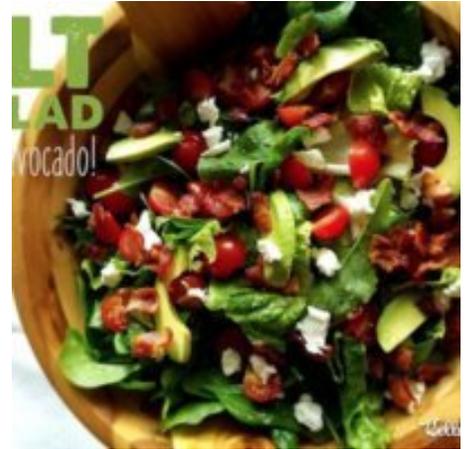


BLT Salad with Avocado Recipe

Toss this salad together in minutes for a quick lunch or dinner option that you can take to work, the back patio, or a park.



Prep Time
20 mins



3.78 from 9 votes

Cook Time
10 mins

Total Time
30 mins

Course: Lunch, Main Cuisine: American Servings: 4 salads
Calories: 563kcal Author: Katie Wells

Ingredients

For the Salad

- 12 oz bacon
- 8 cups salad greens
- 2 cups cherry tomatoes
- 2 avocados
- 4 oz goat cheese (optional)

For the Vinaigrette

- ¼ cup fresh lemon juice
- 2 TBSP honey

- 1½ TBSP Dijon mustard
- ¼ tsp salt
- 1 pinch black pepper
- ¼ cup olive oil

Instructions

1. Chop the bacon into pieces.
2. In a medium skillet, cook the bacon until crispy.
3. While the bacon is cooking, divide the salad greens among four plates.
4. Slice the cherry tomatoes in half and divide evenly among the plates.
5. When the bacon is cooked, drain it on a plate lined with paper towels and set aside to cool.
6. Slice the avocados.
7. Divide the avocados, goat cheese if using, and bacon evenly among the plates.
8. To make the vinaigrette, combine the lemon juice, honey, mustard, salt, and pepper in a mason jar.
9. Shake to combine.
10. Gradually whisk in the olive oil.
11. Drizzle 2 tablespoons of the vinaigrette over each salad, serve, and enjoy!

Notes

You can make extra vinaigrette and store it in the refrigerator to save time on the next salad or try it as a marinade for chicken or fish!

Nutrition

Serving: 1salad with 2 TBSP vinaigrette | Calories: 563kcal | Carbohydrates:
18.5g | Protein: 22.3g | Fat: 46.5g | Saturated Fat: 14g | Cholesterol: 56mg |
Sodium: 887mg | Fiber: 9.2g | Sugar: 3.6g

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