



Healthy Eating & Weight Loss

BLT Salad with Garlic Toast

- 8 slices bacon
- Half of a baguette
- 2 cloves of garlic, halved
- 2 tomatoes cut into 1/2 inch wedges
- 1 avocado, peeled, pitted and cut into 1/2 inch cubes
- 6 cups romaine lettuce
- 1/2 cup thinly sliced red onion
- 1/2 cup finely chopped fresh basil
- 1/4 cup plain yogurt
- 1/4 cup light mayonnaise
- 2 teaspoons sherry or wine vinegar
- 1/8 teaspoon black pepper

Whisk together basil, yogurt, mayonnaise, vinegar and pepper. Set Aside.

Cook bacon and drain on paper towels, Cut baguette into 12 slices. Broil on baking sheet until golden. Rub both sides of the bread with the cut sides of the garlic.

Toss together lettuce, onion and half the dressing and arrange on 4 plates. Top with tomato wedges and avocado, spoon on remaining dressing if desired. Sprinkle with bacon and serve with the garlic toast. Makes 4 servings.

339 calories per serving, 11 g protein

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