



BLT Salad

2 slices whole-wheat country bread
2 teaspoons extra-virgin olive oil
3 slices center-cut bacon
1 head romaine lettuce
1 green onion
4 medium tomatoes
3 tablespoons reduced-fat mayonnaise
2 teaspoons distilled white vinegar
1/4 teaspoon garlic powder
1/8 teaspoon ground pepper

1. **Cube the bread on your produce cutting board.** Heat oven to 350°F. In a medium bowl, toss cubed bread with oil and spread on a baking sheet. Bake, turning once, until golden brown, about 15 to 20 minutes.
2. In a skillet, cook bacon over medium heat until browned and crisp. **Be sure to wash your hands after handling the raw bacon.** After bacon is browned and crisp remove from the pan and set aside. Once bacon has cooled, crumble into small pieces.
3. **Separate and hold individual romaine lettuce leaves and green onion under cold running water while rubbing with the tip of fingers. Once clean dry romaine leaves and green onion using a clean paper towel.** Tear romaine leaves into bite size pieces. Mince green onion using your food processor.
4. **Hold tomatoes under cold running water. Rub with both palms while turning continuously. Once clean wipe dry with a clean paper towel. Chop 3 of the tomatoes on your produce cutting board.**



5. **Cut the remaining tomato in half on your produce cutting board.** Working over a large bowl, mash the tomato through the large holes on a box grater. Discard the skin. Add mayonnaise, green onion, vinegar, garlic powder and pepper; whisk to combine.
6. Add the tomatoes, romaine and croutons to the bowl with the dressing; toss to coat. Sprinkle with bacon before serving.

Additional Food Safety Notes Related To This Recipe

- Always start and finish with a clean work area by wash cutting boards, dishes, countertops, and cooking utensils with hot soapy water.
- Always store raw bacon on the bottom shelf of the refrigerator. Place the raw bacon package on a pan or a plate to catch any juices that may drip.
- Clean and sanitize the cutting board before and after each use. It is a good idea to have two separate cutting boards in the kitchen. One can be used for raw meats, poultry, and seafood while the other is used for fresh produce and breads.
- Wash hands correctly after handling raw bacon.
 - Moisten hands with warm water and apply soap.
 - Rub hands together for 20 seconds. Don't forget to use a soft brush to clean your nails and nail beds.
 - Rinse hands and dry with a clean towel.

Recipe Source

http://www.eatingwell.com/recipes/blt_salad.html