

Crispy Turkey-Bacon Salad

Makes 4 servings Estimated cost per serving: \$2.34



- 1/3 cup fat-free mayonnaise or salad dressing
- 4 Tbsp fat-free milk
- 3 Tbsp oil-packed dried tomatoes, chopped and drained
- 1/2 tsp bottled minced garlic (or one clove)
- 1 cup whole grain croutons
- 10 oz (~5 cups) mixed salad greens
- 2 oz (~1 cup) raw spinach
- 3 plum tomatoes, seeded and chopped (1 cup)
- 1 cucumber, halved lengthwise and thinly sliced
- 1/4 cup red onion, chopped
- 1/2 cup fat-free or reduced-fat mozzarella cheese, shredded or cubed (2 oz)
- 6 slices turkey bacon, cooked crisp, grease drained, crumbled

For dressing, combine mayonnaise/salad dressing, milk, dried tomatoes, and garlic in blender or food processor and blend until tomatoes and garlic are finely chopped and ingredients are well mixed. If you do not have a blender or a food processor, ingredients may be mixed by hand briskly with a fork or whisk in a medium bowl (very finely chop dried tomatoes and garlic before mixing by hand).

In a large bowl, toss together croutons, salad greens, spinach, chopped tomato, cucumber, onion, cheese, and turkey bacon. Drizzle with dressing and toss to lightly coat.

TIP FOR SPEEDY PREPARATION: Place bacon on a paper plate and cover with microwave safe paper-towel. Cook for 4-5 minutes on 100% power.

NUTRITION FACTS (PER SERVING):

Total calories: 155	Total Fat: 5g	Saturated Fat: 1.5 g
Carbohydrate: 16g	Protein: 12g	Fiber: 4g Sodium: 700mg

FOOD FOR THOUGHT:

Excessive **saturated fat** in one's diet is associated with an increased risk of **heart disease**. Major sources of saturated fats include whole **milk**, **cheese**, **butter**, fatty cuts of **beef** and **pork**, and certain **oils** (coconut, palm, and palm kernel).

Two simple ways to decrease the amount of saturated fat in your diet:

- 1) Use **fat-free** or **reduced fat** milks and cheeses
- 2) Replace higher fat meats(pork-bacon, sausage, lunch-meats, fatty beef) with **leaner meats**(skinless chicken breast, tuna, lean beef)

Recipe by Maria Roberts, student intern 1/08