

Crispy Turkey-Bacon Salad

Ingredients

1/3 cup mayonnaise or salad dressing	1 cup raw spinach
4 tablespoons milk	3 plum tomatoes, seeded and chopped (1 cup)
3 tablespoons oil-packed dried tomatoes, chopped and drained	1 cucumber, halved lengthwise and thinly sliced
1 clove minced garlic	1/4 cup red onion, chopped
1 cup croutons	1/2 cup mozzarella cheese
10 ounces mixed salad greens	6 slices turkey bacon, cooked crisp, grease drained

Directions

1. 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.
2. In a large bowl, toss together the rest of the ingredients. Drizzle with dressing and toss to lightly coat.



Makes 4 servings

Nutrition information per serving

Cal 155, Fat 5g,

Carbohydrate 16g, Protein: 12g,

Fiber: 4g Sodium: 700mg