

A CHOPHOUSE SALAD REMIXED: THE WEDGE

Prep: 5 minutes // Total time: 10 minutes // Makes: 4 servings total

Nutrition: Amount Per Serving @calories 294 |

Total Fat 25g, Saturated Fat 8g, Monounsaturated Fat 3g, Polyunsaturated Fat 1g, Total Carbohydrate 6g, Dietary Fiber 2g, Sugars 6g, Protein 11 g

Ingredients

- 1 head ice burg lettuce
- 4 small roma tomatoes, or cherry tomato
- 8 slices of cooked bacon
- 4 stalks green onion, or Chives, or sweet onion
- 1 cup blue cheese

Instructions

- Prepare the lettuce by removing the outer leaves, chop the head of lettuce in half and then half again, making 4 wedges. Cut the end to remove the stem.
- Plate the wedges and top with the blue cheese dressing, bacon crumbles, tomato, chives, and additional blue cheese crumbles.
- Serve cold and enjoy!



BONUS: Add ½ cup chick peas to top the salad for protein and fiber



For a pretty plating: (See photo to the left)

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1. Chop all ingredients together EXCEPT for tomato and bacon. Mix the lettuce onion and dressing together until well tossed.

Reserve bacon and tomato on side separate.

2. In a small bowl or measuring cup; Fill up the lettuce onion, and dressing mixture. Place a plate over top the filled bowl with mixture inside. Flip plate and bowl over together. To with chopped tomato, and crumbled bacon around as shown.

You can also prep this for a mason jar salad: ----- >

1. In bottom of Mason Jar add 2 TBSP Dressing
2. Add 1 chopped tomato on top of dressing, followed by 1 stalk of green onion, or ¼ cup chopped onion variety
3. Top with 2 slices of crumbled bacon
4. Add chopped lettuce to very top, and seal lid.
5. When ready to eat, open jar and pour into bowl 😊

