

BLT Salad with Sweet Onion Vinaigrette

The secret to this recipe are the grated eggs, which adds creaminess to this simple salad. Topped off with sweet onion vinaigrette, it is sure to become your salad go-to!

Serving: 4
Prep Time: 20 minutes

Ingredients

Dressing:

2 tbsp (30 mL)	apple cider vinegar
1½ tbsp (22 mL)	honey
2 tbsp (30 mL)	finely chopped or minced sweet onion
2 tsp (10 mL)	coarse grain mustard
¼ tsp (1 mL)	each salt and pepper
¼ cup (50 mL)	olive oil

Salad:

8 cups (2 L)	mixed greens
1½ cups (375 mL)	grape tomatoes, halved
4	slices bacon, cooked and chopped
4	hard-cooked eggs, peeled

Directions

Dressing: In a small bowl combine apple cider vinegar, honey, onion, mustard, salt and pepper. Slowly whisk in oil. Set aside.

Salad: Finely grate or chop 2 eggs; slice remaining 2 eggs. In a large salad bowl, combine green, tomatoes, bacon and grated eggs. Toss with dressing to coat and garnish with remaining egg slices. Serve immediately.

Variation: Sliced mushrooms, apples diced avocado and toasted sunflower seeds would be delicious additions to this salad.

Tip: Grating or finely chopping the eggs adds creaminess to the salad, but you can also serve the eggs in wedges or slices on the top.

Nutrients per serving (1/4 recipe): 291 calories, 22 g total fat, 391 mg sodium, 16 g carbohydrates, 2 g fibre, 11 g protein. Excellent source of vitamin A and vitamin B12. Good source of riboflavin, folate, vitamin C and vitamin D.