

Recipe

BLT salad

Enjoy a light end to the summer by using those garden tomatoes for this tasty salad!



Ingredients

- 2 cups chopped tomatoes
- 1/8 teaspoon kosher salt
- 1/4 cup mayonnaise
- 1 1/2 tablespoons fresh lemon juice
- 2 teaspoons chopped fresh dill
- 1/2 teaspoon freshly ground black pepper
- 2 cups loosely packed arugula
- 2 bacon slices, cooked and finely crumbled

Instructions

1. Combine tomatoes and salt in a large bowl. Let stand five minutes.
2. Combine mayonnaise, lemon juice, dill, and pepper in a bowl, stirring with a whisk.
3. Add arugula to tomato mixture; toss. Divide tomato mixture among four plates. Drizzle mayonnaise mixture over salads. Sprinkle evenly with bacon.

Lockton Nurse Advocate