



Hungry Goddess Wedge Salad



1 salad (1/4th of recipe): 142 calories, 10g total fat (2.5g sat. fat), 456mg sodium, 9g carbs, 2.5g fiber, 4.5g sugars, 6.5g protein

Prep: 10 minutes **Cook:** 5 minutes



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Ingredients

Dressing

1/4 cup fat-free mayonnaise
1/4 cup fat-free plain yogurt
1 tbsp. chopped parsley
1 tbsp. chopped chives
2 tsp. lemon juice
1/8 tsp. garlic powder
1/8 tsp. each salt and black pepper

Salad

4 slices center-cut bacon or turkey bacon
1 large head iceberg lettuce
1/4 cup crumbled blue cheese
1/4 cup chopped pecans

Directions

Place all dressing ingredients in a small blender or food processor. Add 1 tbsp. water, and blend until smooth.

Cook bacon until crispy, either in a large skillet over medium heat or on a microwave-safe plate in the microwave. (See package for cook time.)

Cut lettuce head into quarters, leaving you with 4 wedges. Remove the core portion of each wedge and any limp exterior leaves.

Chop or crumble bacon. Plate lettuce wedges, and top with dressing, blue cheese, pecans, and bacon. Dig in!

MAKES 4 SERVINGS

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