



Greek Goddess Wedge Salad



1/4 of recipe: 130 calories, 8g total fat (2.5g sat. fat), 547mg sodium, 8.5g carbs, 2g fiber, 5g sugars, 6.5g protein

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Prep: 15 minutes **Cook:** 10 minutes



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Ingredients

Dressing

1 cup fresh cilantro, basil, and/or parsley
1/4 cup light mayonnaise
3 tbsp. fat-free plain Greek yogurt
1 tbsp. chopped chives, or more for topping
1 tbsp. seasoned rice vinegar
1 tsp. capers
1/2 tsp. chopped garlic
1/8 tsp. salt

Salad

4 slices center-cut bacon or turkey bacon
1 large head iceberg lettuce
1/2 cup chopped tomatoes
1/4 cup crumbled feta cheese

Directions

Place all dressing ingredients in a small blender or food processor. Add 3 tbsp. water, and blend until smooth.

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

Cut lettuce head into 4 wedges. Remove the cores and any limp outer leaves.

Chop or crumble bacon. Plate lettuce wedges, and top with dressing, tomatoes, feta, and bacon.

MAKES 4 SERVINGS

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