

KITCHEN & SPICE

and other things nice



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Hearty Chop Salad with Creamy Garlic Dressing

Serves 2-4

This hearty chop salad is filled with delicious ingredients that make it a satisfying choice for lunch or dinner. We love how the creamy garlic dressing compliments the savory and filling flavors of bacon, cheese and hard-boiled eggs. The fresh mint adds a surprising flavor element that is sure to delight.

Salad Ingredients:

3 slices of bread, cut into small cubes
1 tablespoon of olive oil
4 slices bacon, fried and crumbled
4 eggs, boiled and sliced
3 small tomatoes, quartered
1 carrot, shaved
3 scallions, sliced
1 tablespoon mint, julienned
1/2 cup corn (frozen or about 1 ear fresh)
2 oz. cheddar, cut into small cubes
4-5 cups mixed greens

Creamy Garlic Dressing:

Makes about 1/3 cup

1 garlic clove, mashed with a pinch of salt
1 scallion, diced
1/4 cup cultured buttermilk
1 tablespoon Greek yogurt
1 tablespoon white wine vinegar
Kosher salt
Fresh ground black pepper

Directions:

1. Make the croutons on the stovetop in a skillet. Add the cubed bread to a hot skillet, drizzle with the olive oil. Sprinkle with Kosher salt, freshly ground pepper. Stir continuously until the croutons are golden brown on all sides. Remove from the heat, and let cool.
2. Fry the bacon in a skillet until crispy. Once cooked, drain on a paper-towel lined plate. When cooled, crumble the crispy strips.
3. Meanwhile, prepare the hard-boiled egg: In a small sauce pan, cover the eggs with cold water and bring to a boil. Once boiling, turn the heat off and cover for 12 minutes. After 12 minutes, run under cold water to cool eggs. Once the eggs are cooled, peel and slice.
4. Prepare the tomatoes by washing, coring and cutting into quarters. Prepare the carrot by peeling and creating ribbon slices with a vegetable peeler. Slice the scallions and cut the mint into thin julienned strips. Cut the cheese into small cubes.
5. Prepare the dressing by mashing the garlic clove into a paste with a fork or the flat side of a knife blade. Mash until smooth. Sprinkle with a pinch of salt. Combine the mashed garlic with the remaining ingredients in a small bowl or jar, and whisk together.
6. Place mixed greens in individual salad bowls, and mix with the mint, freshly ground pepper, and a sprinkle of kosher salt. Layer each of the toppings in neat rows: croutons, carrot ribbons, bacon, sliced eggs, corn, cheese cubes, tomatoes and top with the creamy garlic dressing.