

BLT Salad

4-6 side salads or 2 entrée salads

- 1 Head Lacinato Kale (alternate: romaine lettuce)
- 1 Package Smokey Tempeh Strips (alternate: real bacon from free-range, organic pigs)
- 2 Tbsp Olive oil
- 1 to 1 1/2 Cups Baby Spinach, Packed
- 1 to 1 1/2 Cups Sweet Cherry Tomatoes (about 25)

Dressing:

- 1/4 cup Mayonaise
- 1 tsp Dijon Mustard
- 1/4 tsp Salt
- 1 tsp Apple Cider Vinegar or Lemon Juice
- 2 tsp Honey

Strip kale leaves from stems. Cut kale into small, 1/2" pieces. Place the cut kale into a large bowl. Whisk the dressing together and toss with the kale until evenly coated. If you are using regular lettuce, keep the dressing separate until just before serving. Cover with plastic wrap and refrigerate for at least 30 minutes, longer is no problem. The vinegar in the dressing will slightly "cook" the kale and soften it. If using the lettuce toss with spinach and dressing right before serving.

Slice the tempeh strips into 1/2" pieces and pan-fry in 2 Tbsp olive oil on medium heat for about 5 minutes, or until browned and crisp on the edges. Set aside.

Cut the cherry tomatoes in half.

Assembling the salad

Once you are ready to serve the salad, chop up the baby spinach and toss it with the kale, making sure everything is now covered in dressing. Add 3/4 of the bacon and the tomatoes and toss again. Plate, topping the salad with the rest of the bacon and some freshly cracked black pepper. Serve.