



## August TOMATOES



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### BLT Salad

**ACTIVE:** 25 MIN **TOTAL:** 25 MIN

*Here's a salad version of America's favorite sandwich. We use shredded tomato as a base for the creamy tomato-and-chive dressing—adding great tang and flavor along with extra vitamin C.*

- 1 cup cubed whole-wheat country bread
- 2 teaspoons extra-virgin olive oil
- 4 medium tomatoes, divided
- 3 tablespoons reduced-fat mayonnaise
- 2 tablespoons minced chives or scallion greens
- 2 teaspoons distilled white vinegar
- ¼ teaspoon garlic powder
- Ground pepper to taste
- 5 cups chopped hearts of romaine lettuce
- 3 slices center-cut bacon, cooked and crumbled

- 1.** Preheat oven to 350°F. Toss bread with oil and spread on a baking sheet. Bake, turning once, until golden brown, 15 to 20 minutes.
- 2.** Cut 1 tomato in half. Working over a large bowl, shred both halves using the large holes on a box grater. Discard the skin. Add mayonnaise, chives (or scallion greens), vinegar, garlic powder and pepper; whisk to combine.
- 3.** Chop the remaining 3 tomatoes. Add the tomatoes, romaine and croutons to the bowl with the dressing; toss to coat. Sprinkle with bacon.

**SERVES 4:** ABOUT 1¼ CUPS EACH

Calories 159, Fat 7g (sat 1g), Cholesterol 8mg, Carbs 19g, Total sugars 4g (added 0g), Protein 5g, Fiber 3g, Sodium 284mg, Potassium 475mg.

Nutrition bonus: Vitamin A (125% daily value), Vitamin C (33% dv), Folate (25% dv).