



BLT Salad with Creamy Dijon Dressing and Garlic Herb Butter Croutons

BLT Salad with Creamy Dijon Dressing and Garlic Herb Butter Croutons - This salad may have very few components but it very big on freshness and flavour. It has turned out to be an ongoing family favourite.

Course Salad, Side Dishes
Cuisine North American

Prep Time 20 minutes
Cook Time 10 minutes
Total Time 30 minutes

Servings 4 or more servings

Calories 727 kcal

Author [Barry C. Parsons](#)

Ingredients

For the salad

- 1 small head romaine lettuce , washed and dried
- 2 tomatoes , cut in wedges
- 6 radishes sliced (optional)
- ½ pound crisp cooked bacon

For the Garlic and Herb Butter Croutons

- 6 slices day old bread , cubed
- 2 cloves garlic minced
- 2 tbsp chopped fresh herbs
- ¼ cup melted butter
- For the Creamy Dijon Dressing
- ½ cup mayonnaise
- 2 tbsp Dijon mustard
- 3 tbsp honey
- 2 tbsp apple cider vinegar
- pinch salt and pepper

Instructions

1. Assemble all of the salad ingredients onto 4 individual serving plates.

To make the Garlic and Herb Butter Croutons

1. Place the bread cubes on a baking sheet and bake at 350 degrees F for 10 to 15 minutes or until the cubes are golden brown and crispy. Toss them a couple of times during the baking time.
2. Combine the garlic and melted butter and garlic to a small saucepan and cook over low heat for just a few minutes until the garlic softens, then add the chopped herbs. Pour over the baked croutons and toss well.
3. Divide the croutons evenly over the prepared salad plates.

To make the Creamy Dijon Dressing

1. Add all of the ingredients in the dressing to a small glass bowl and whisk together well.
2. If you can, let the dressing sit in the fridge for an hour or so before serving.
3. Drizzle the dressing all over the salad and croutons just before serving.

Recipe Notes

The nutritional information provided is automatically calculated by third party software and is meant as a guideline only. Exact accuracy is not guaranteed. For recipes where all ingredients may not be used entirely, such as those with coatings on meats, or with sauces or dressings for example, calorie & nutritional values per serving will likely be somewhat lower than indicated.

Nutrition Facts

BLT Salad with Creamy Dijon Dressing and Garlic Herb Butter Croutons

Amount Per Serving

Calories 727

Calories from Fat 522

% Daily Value*

Total Fat 58g **89%**

Saturated Fat 18g **90%**

Cholesterol 79mg **26%**

Sodium 965mg **40%**

Potassium 399mg **11%**

Total Carbohydrates 39g **13%**

Dietary Fiber 3g **12%**

Sugars 18g

Protein 13g **26%**

Vitamin A 30.3%

Vitamin C 12.5%

Calcium 8.6%

Iron 13.7%

* Percent Daily Values are based on a 2000 calorie diet.