

## BLT CHOPPED SALAD

(thank you to *How Sweet It Is*,  
[www.howsweetitis.com](http://www.howsweetitis.com))

- 2 cups butterhead lettuce, chopped
- 2 cups fresh arugula, chopped
- 1 pint grape tomatoes, quartered
- 4 slices thick-cut bacon, fried and crumbled
- 1 cup sweet corn
- 2 avocados, diced
- 4 ounces feta cheese, crumbled
- 1 1/2 tablespoons olive oil
- 1 lime, juiced
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

In a large bowl, combine lettuce, arugula, tomatoes, corn and avocado. Add in salt, pepper, olive oil and lime juice then toss well to coat. Fold in bacon and feta then divide evenly amount 2 plates. Serves 2.

NOTE: To quickly and easily chop lettuce, lay it out on a big cutting board and just continuously run your knife through it (in all different directions) until it's chopped as much as you like.

