



Bacon & Egg Salad

Active Time: 5 minutes | **Total Time:** 15 minutes | **Serves:** 2

Nutrition Information Per Serving

187.8 calories, 5.36 g carbohydrate, 2.28 g fiber, 3.08 g NET carbs, 9.96 g protein, 14.28 g fat

Ingredients

- 2 cup(s) shredded organic romaine lettuce
- 2 slice(s) thick cut nitrate free bacon
- 1 large(s) organic, free range eggs
- 2 slice(s) red onion
- 1/8 tsp(s) sea salt
- 1/2 Tbsp apple cider vinegar

Preparation

1. First, cook the eggs. You may boil, pan-fry or poach, as desired.
2. Meanwhile, prepare bacon. Add slices evenly in a wide pan and turn heat to medium. Allow bacon to cook thoroughly on one side, about 5 minutes, and flip. Once bacon is crispy, place on a plate with paper towels to drain. Set aside.
3. Prepare the salad by plating lettuce, onions and bacon. Top with egg.
4. Serve with dressing.

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