



The Wedge

Active Time: 15 minutes | **Total Time:** 15 minutes | **Serves:** 4

Nutrition Information Per Serving

87.1 calories, 3.17 g carbohydrate, 1.79 g fiber, 1.38 g NET carbs, 4.68 g protein, 6.54 g fat

Ingredients

- 2 head(s) organic romaine lettuce
- 4 Tbsp(s) chopped fresh chives
- 2 ounce(s) organic blue cheese, crumbled
- 2 slice(s) preservative-free, pasture-raised bacon

Preparation

1. In a small, safe nonstick pan cook the bacon over medium heat. Do not overcook.
2. Quarter the romaine lengthwise and core.
3. Place 2 romaine quarters on each serving plate.
4. Crumble the bacon.
5. Sprinkle with chives, bacon and blue cheese.
6. Serve with organic blue cheese dressing.

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