

BLT Chopped Salad Is My Favorite Way to Turn a Classic Sandwich into a Fresh Meal

1 head romaine lettuce, chopped



TIME
15 min

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INGREDIENTS

For the Salad:

- 1 head romaine lettuce, chopped
- 3 cups iceberg lettuce, chopped
- 1 1/2 cups cherry tomatoes, halved or chopped
- 8 slices bacon, cooked and crumbled
- 1 avocado, diced
- 1/4 cup red onion, thinly sliced
- 1/2 cup shredded cheddar cheese, optional
- 1 cup croutons

For the Dressing:

- 1/3 cup mayonnaise
- 2 tablespoons sour cream or Greek yogurt
- 1 tablespoon lemon juice
- 1 teaspoon Dijon mustard
- 1 small garlic clove, minced
- 1/4 teaspoon black pepper
- 2 to 3 tablespoons milk, as needed for thinning

DIRECTIONS

1. Cook the bacon in a skillet until crisp, then transfer it to a paper towel-lined plate. Once cooled slightly, crumble or chop it into bite-sized pieces.
2. In a small bowl, whisk together the mayonnaise, sour cream or Greek yogurt, lemon juice, Dijon mustard, garlic, and black pepper.
3. Add milk, a little at a time, until the dressing reaches your desired consistency.
4. In a large serving bowl, combine the chopped romaine, iceberg, tomatoes, red onion, avocado, cheddar if using, and croutons.
5. Sprinkle the crispy bacon over the top.
6. Drizzle the dressing over the salad just before serving, then toss gently until everything is evenly coated.
7. Serve immediately while the lettuce is crisp and the bacon still has its crunch.

SWAPS & NOTES

This salad is easy to adjust depending on your tastes.

Romaine and iceberg are a great combination because you get both crunch and structure, but you can use all romaine if that is what you have.

Cherry tomatoes are especially good because they are sweet and less watery, though chopped vine tomatoes also work.

For extra substance, avocado adds creamy richness that pairs beautifully with the bacon.

TIPS FOR SUCCESS

Use very crisp lettuce for the best texture.

Since this salad is built around fresh ingredients, the crunch really matters.

Cold lettuce straight from the refrigerator makes the whole dish feel extra refreshing.

Do not overdress the salad right away.

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