

Italian BLT Salad

Yield: 4 min

Total Time: 165 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-blt-recipe>

Ingredients:

- 1/4 pound prosciutto diced
- 10 tomatoes slow roasted Roma or Campari, I couldn't find them, so used 5 Plum
- 8 ounces mozzarella diced
- 4 ounces rocket fresh salad, Arugula
- croutons Homemade
- italian vinaigrette Homemade
- 10 tomatoes Roma or Campari, quartered
- salt
- pepper
- italian seasoning A sprinkle of
- 2 tablespoons olive oil
- 1 loaf french bread cut into 1 inch cubes, day old is best
- salt
- pepper
- italian seasoning A sprinkle of
- 1/4 cup olive oil I only used 2tbsp, this was plenty for the amount of bread I had
- 3/4 cup olive oil
- 1/4 cup red wine vinegar
- salt
- pepper
- 1 clove garlic
- 1/2 teaspoon italian seasoning

Nutrition:

1. Calories: 1240 calories
2. Carbohydrate: 98 grams
3. Cholesterol: 60 milligrams
4. Fat: 79 grams
5. Fiber: 13 grams

6. Protein: 40 grams
 7. SaturatedFat: 17 grams
 8. Sodium: 2120 milligrams
 9. Sugar: 23 grams
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