

Classic B.L.T. Sandwiches

with Tomato, Avocado & Cucumber Salad

This hearty classic comes from dainty beginnings. It's said to have evolved from the tea sandwiches that were popular before the 1900s. Somewhere around the turn of that century, the B.L.T. emerged as its own distinct entrée. The flavor combinations are simple. The smoky taste of bacon, toasty crunch of sourdough and crisp coolness of lettuce balance each other in every bite. No wonder it's been an icon of American cuisine for decades. We're pleased to bring our version to you (frilly toothpicks included).



Ingredients

- 8 Ounces Thick-Cut Bacon
- ½ Head Baby Romaine Lettuce
- 1 Tomato
- 1 Avocado
- 1 Kirby Cucumber
- 4 Slices Sourdough Bread

Knick Knacks

- 2 Tablespoons Red Wine Vinegar
- 1 Shallot
- 1 Tablespoon Dijon Mustard
- 2 Tablespoons Mayonnaise
- 4 Frilled Sandwich Toothpicks

Makes 2 Servings
About 700 Calories Per Serving

Instructions

1



Prepare the ingredients:

Wash and dry the fresh produce. Peel, pit and medium dice the avocado; place in a bowl and top with **half the red wine vinegar** to prevent browning. Cut off and discard the root of the lettuce; separate the leaves. Cut the cucumber in half lengthwise; remove and discard the seeds. Slice the cucumber into ½-inch pieces. Peel and mince the shallot to get 2 tablespoons of minced shallot; place in a bowl with the **remaining red wine vinegar**. Cut the tomato in half. Thinly slice one half; medium dice the other.

2



Cook the bacon:

Heat a large pan (nonstick, if you have one) on medium-high until hot. Add the **bacon** and cook 4 to 5 minutes per side, or until crispy. Transfer the cooked bacon to a paper towel-lined plate, leaving any rendered fat in the pan. Set the cooked bacon aside as you continue cooking.

3



Make the vinaigrette:

While the bacon cooks, add the **Dijon mustard** to the **shallot-vinegar mixture** and season with salt and pepper. Slowly whisk in **2 tablespoons of olive oil** until well combined. Set aside as you continue cooking.

4



Toast the bread:

Pour **half the reserved bacon fat** into a small bowl and set aside. Heat the remaining bacon fat in the pan on medium until hot. Add **2 of the sourdough slices** and cook 1 to 2 minutes per side, or until browned and toasted. Transfer the toasted bread to a clean, dry work surface. Add the **reserved bacon fat** to the pan and repeat with the **remaining bread slices**.

5



Make the sandwiches:

Spread a thin layer of **mayonnaise** onto one side of each **toasted bread slice**. Top 2 of the bread slices with the **sliced tomato**. Season the tomatoes with salt and pepper. Top with the **cooked bacon** and **lettuce** (you may have extra lettuce). Complete the sandwiches with the remaining slices of bread. Insert **2 toothpicks** into each sandwich; cut each **sandwich** in half.

6



Make the salad & plate your dish:

In a medium bowl, combine the **diced tomato, avocado** and **cucumber**; season with salt and pepper. Add enough **vinaigrette** to coat the salad (you may have extra vinaigrette) and gently toss to mix. To plate your dish, divide the **sandwiches** and **salad** between 2 plates. Enjoy!