

Grilled Turkey BLT

My recipe for a pork-free grilled version of the classic Bacon, Lettuce, and Tomato sandwich!

Yield:

1 sandwich

Ingredients:

3 slices turkey bacon

2 large fresh tomato slices

1 leaf of green lettuce (your favorite kind will work!)

1 thin slice of cheddar cheese, optional

2 tablespoons mayonnaise

a small amount of butter

2 slices multi-grain bread (OR your favorite sandwich bun/roll)

Instructions:

1. Preheat gas grill or prepare charcoal grill. Grill turkey bacon on low for about 4 minutes. Flip and grill 4 more minutes.

2. Spread a very thin layer of butter on the bread you are using. Grill bread on low for a minute or two on each side (only do one side – the inside – if using a roll/bun rather than sliced bread).

Instead of using an outdoor grill, you can do this inside on the stovetop using a griddle, stovetop grill, or frying pan.

3. Spread mayonnaise on bread and assemble sandwich with the turkey bacon, lettuce, and tomato (and cheese if using). Enjoy hot! (I like to serve these BLTs with a tasty salad.)