



BBLT Sandwich with Avocado-Mayo

Prep: 10 minutes

Cook: 10 minutes • Serves: 4

- 12 slices smoked bacon
- 8 slices Canadian bacon
- ½ small ripe avocado
- ¼ cup mayonnaise
- 1 pinch ground cayenne pepper
- 4 rolls or 8 slices whole wheat or favorite bread
- 8 slices tomato
- ⅛ teaspoon salt
- ⅛ teaspoon fresh ground black pepper
- 4 large romaine lettuce leaves, cut in half

1. Cook smoked bacon according to package directions. Transfer bacon to paper towels to drain. Meanwhile, in large skillet, in 2 batches, heat Canadian bacon over medium heat 3 to 4 minutes or until browned, turning once halfway through cooking.

2. In small bowl, mash avocado with fork until slightly chunky; stir in mayonnaise and cayenne pepper until well combined.

3. To serve, split rolls and toast. Evenly spread Avocado-Mayo over bottom halves of rolls. Over Avocado-Mayo, evenly layer smoked bacon and tomatoes; sprinkle tomatoes with salt and pepper. Over tomatoes, evenly layer lettuce and Canadian bacon; close sandwiches.

Approximate nutritional values per serving:

*450 Calories, 30g Fat (15g Saturated), 41mg Cholesterol,
1187mg Sodium, 42g Carbohydrates, 7g Fiber, 20g Protein*