Heykiddo Family Cookbook

2010 Edition



The Heykiddo Family Cookbook

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Acknowledgements to all the family and friends who helped
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Bacon Lettuce and Tomato Sandwich



Description

The classic BLT is a bacon, lettuce and tomato combination. One of my favorite sandwiches, a BLT is one of those great flavor and texture combinations where the ingredients were just meant to go together.

The classic BLT is great all by itself. This recipe suggests a few slices of avocado as an optional addition for something a little extra and delicious. With the avocado, we would have to call this version a BLTA.

Ingredients

- 2 slices wheat bread, toasted
- 4 slices bacon, cooked
- 2 leaves of iceberg lettuce
- 2 slices tomato
- 4 slices avocado (optional)
- 1 tbsp mayonnaise
- salt and pepper to taste

Instructions

Toast the wheat bread until slightly brown with a little crunch. Cook the bacon in a fry pan skillet until just crispy, don't overcook. Slice the tomato into 1/4 inch full slices.

The secret is building the sandwich in the right order.

To assemble the sandwich, spread a little mayonnaise on both slices of bread. Place the lettuce on one slice of bread. Next, the avocado is optional. If you want to include the avocado, place 2 to 3 slices of avocado on the lettuce. Place the slices of tomato on top of the avocado. Sprinkle a few dashes of salt and pepper on the tomato. Place the bacon on top of the tomato. Last, put the top slice of toasted wheat bread on top of the sandwich.

Slice the sandwich in equal halves, and you're ready to serve.

Notes

For extra flavor, use fresh, vine ripened tomatoes, or home-grown tomatoes from your garden is even better. For more flavor, sea salt (or kosher salt) is always best on the tomatoes.