

Bodacious BLT



Totals for this sandwich are:

Calories 180 Fat 6g Carbs 24g Fiber 4g

What you'll need:

- 2 Slices of 100% Multi-Grain bread (45 calories per slice preferred)
- 1 T fat free mayonnaise or mustard or both (your preference)
- 2 Slices of turkey bacon
- 2 Large slices of tomato
- 1 Large leaf of lettuce
- 2 Dill or kosher pickles (your preference)

Salt

Pepper

Let's get to cooking:

- 1. Toast bread in toaster.
- 2. Spread mayo or mustard (or both) on one side of each slice.
- 3. Cook turkey bacon per package instructions.
- 4. Take tomato slices and place on one piece of bread.
- 5. Break cooked turkey bacon in half and place 4 pieces, crisscrossed, on top of tomato.
- 6. Place lettuce on top of bacon.
- 7. Top with pickles and salt and pepper to taste.
- 8. Take remaining bread and place on top to finish sandwich.
- 9. Cut in half and serve.

A BLT is my favorite sandwich, which inspired this **Kitty's Lighter Weigh** Recipe.