



# BLT

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## Info:

Makes 1 Servings      210 Calories per Serving

**LOW CAL**

## Ingredients:



- ❖ 2 Slices Whole Wheat Bread
- ❖ 1 Large Leaf Romaine Lettuce
- ❖ 2 Slices Medium Tomato
- ❖ 2 Pieces Pre-Cooked Bacon (Ready-to-Serve box)
- ❖ 1 Tbsp Fat Free Mayo/Miracle Whip
- ❖ Salt & Pepper to taste

## Preparation:



1. Toast the bread, spread mayo on each slice, sprinkle with salt and pepper
2. Rip lettuce leaf in half to make 2 pieces of lettuce, lay on bread with tomato slices
3. Cut the ready-to-serve bacon slices in half to make 4 pieces then microwave for 10 seconds, add to sandwich and enjoy!