

Betty's Quick Lunch BLT Sandwich Recipe



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In this video, Betty demonstrates how to make a very basic Bacon, Lettuce, and Tomato (BLT) Sandwich. This is for those of you who want simple, down-to-earth ideas for lunches!

Ingredients:

2 slices bread (I used hearty white bread, but you may use whole wheat, whole grain, rye, etc.)
mayonnaise, to taste (You may use sandwich spread, if preferred.)
3 slices crisp bacon
2 slices medium-sized tomato
fresh lettuce leaves

Toast the 2 slices of bread in a toaster or oven. Spread mayonnaise on top of one of the 2 slices. Divide your 3 slices of crisp bacon into half-pieces, and place them on top of the mayonnaise. Place 2 tomato slices, side-by-side on top of the bacon. Place 2 or 3 flat leaves of lettuce over the tomatoes. Cap the sandwich off with the other slice of toasted bread. Slice diagonally into 2 halves, and place on a serving plate. Serve with unsalted pretzels and pimiento-stuffed green olives. A simple and refreshing summer lunch!