



## A BETTER BLT

BY JACKIE NEWGENT, RD

Using less bacon is healthier for you and the planet, but you don't have to give up its hard-to-beat flavor. Instead, layer in complementary tastes and textures. In this newfangled classic, the onion adds extra crispness, the avocado "mayo" provides creaminess and the basil gives a shot of herbaceous freshness. You'll be keener on this greener BLT.

### Serves 4

- 8 ounces sliced organic turkey or uncured pork bacon
- 1 Hass avocado, pitted and peeled
- Juice of 1 lime (about 2 tablespoons)
- 3 tablespoons mayonnaise
- $\frac{1}{4}$  teaspoon sea salt, or to taste
- $\frac{1}{4}$  teaspoon freshly ground black pepper, or to taste
- 2 medium vine-ripened tomatoes, cut into  $\frac{1}{4}$ -inch-thick rounds
- 8 thick slices whole-grain bread
- 4 romaine lettuce leaves, torn into large pieces
- 8 large fresh basil leaves
- $\frac{1}{2}$  cup thinly sliced red onion

**TIP:** If you prefer to go meatless, this sandwich will still be scrumptious without bacon—or add a thin slice of naturally smoked Gouda cheese to each sandwich. Call it a GLT.

Place the bacon on an unbleached paper towel on a microwave-safe dish and cover with another paper towel. "Micro-roast" (cook in the microwave oven\*) on high to desired crispness, about 4 minutes. Set aside to drain on another paper towel. Mash the avocado with a fork in a medium bowl or using a mortar and pestle until smooth. Add 1 tablespoon of the lime juice and the mayonnaise and stir until well combined. Season with salt and pepper. (It's OK if it's a little lumpy.)

Sprinkle the tomatoes with the remaining lime juice and strain off excess liquid into a small bowl or cup. (Enjoy the strained tomato-lime juice as a refreshing drink—or "shot.") Meanwhile, spread half of the avocado mixture on 1 side of 4 of the bread slices. Top each with the bacon, then the lettuce, basil, tomato and onion. Spread the remaining avocado mixture over the remaining 4 bread slices. Top with remaining slices.

\*Microwave cooking times will vary.



*Jackie Newgent, RD, is an eco-cuisine expert and culinary nutritionist. This recipe is excerpted from Jackie's latest, Big Green Cookbook (Wiley, 2009). Learn more about Jackie at [jackienewgent.com](http://jackienewgent.com) and [biggreencookbook.com](http://biggreencookbook.com).*