

Fresh for Kids®

BLTC (bacon, lettuce, tomato & cheese) Turkish sandwiches



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Preparation: 10 minutes
Cooking: 5 minutes
Serves: 2

Ensure that you tuck the tomato between the lettuce and bacon to prevent the bread from becoming soggy. If preferred, use Turkish bread rolls instead of Turkish bread.

4 rashers rindless short-cut bacon
Olive oil cooking spray
2 x 10cm pieces fresh Turkish bread, split in half
Butter or margarine for spreading
1 slice reduced fat tasty cheese
2 small Iceberg lettuce leaves, shredded
6 slices ripe tomato
Salt and ground black pepper

1. Spray a non-stick medium frying pan with oil and heat over medium-high heat until hot. Add bacon and cook, turning occasionally for 5 minutes or until crisp. Drain on paper towel and set aside to cool slightly.
2. Toast Turkish bread and place onto a board. Spread with butter or margarine. Top bases with cheese, lettuce, tomato and then bacon. Season with salt and pepper. Top remaining bread and serve.

For fresh fruit and vegetable recipes visit
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