

## **BLT Wraps**

Courtesy of Carole's Creations

Prep Time: 10 minutes

Cooking Time: 15 minutes

Assembly Time: 15 minutes

Makes: 6 wraps, about 2-3 per person

**CChints:** This is the Country version of an Asian lettuce wrap. You can change it up from the traditional mayonnaise based flavor by changing it to something like Sweet Chili Sauce, mustard and honey or hummus.

The number of pieces of bacon you get will depend on the bacon your purchase. As an example, thick bacon will yield a smaller number of pieces per pound. You will want to use 2 slices of bacon per wrap. I like Butter lettuce leaves for this recipe because they are soft and roll easily. If you can't find Butter lettuce, purchase something flexible and pretty. Regular ice berg will crack if you try to roll it.



12 slices of bacon

1 head of butter lettuce

6 slices of turkey lunch meat

2-3 tablespoons reduced fat mayonnaise or one of the spreads below

4 Roma tomatoes sliced thin, lengthwise

Salt and pepper to taste

3 green onion, green parts (each green onion will have 2-3 shoots, 1 per wrap)

Lunch: Serve with a bowl of your favor soup or chips and pickles

Different Spreads - Hummus, Sweet Chili Sauce or Honey Mustard

Honey Mustard: Mix together in a bowl, 1/4 cup reduced fat mayonnaise, 1 tablespoon prepared yellow mustard and 1 tablespoons honey and blend until it is all the same color.

Fry the bacon and drain on paper towels. While they are cooking you can finish the prep and while they are cooling gently and carefully tear off leaves of lettuce, being careful not to tear them. Lay 6 of them out on your work surface.

Careful lay one piece of turkey on each lettuce leave. Spread on the turkey 1 teaspoon or more of the type of spread you want to use. Add 2 slices of bacon and lay them the same direction as the spine of the lettuce leaf. Top with 2 slices of tomatoes. The bacon will be salty but tomatoes always need a little salt. Lay 1 green onion on top in the same direction as the bacon.

Now you are ready to roll them up. Carefully take one side and roll to the other side leaving the bacon in a long strip unrolled. Place fold side down on a plate. Repeat the process until all are done.

Serve them as they are with a cup of soup or chips and pickles

Enjoy!