

Bacon, Egg, and Tomato Sandwiches

Fresh and Simple Tomatoes | September 2008



START TO FINISH: 20 MINUTES

- 2 TBSP. MAYONNAISE
- 1/2 TSP. COUNTRY DIJON-STYLE MUSTARD
- 1 TSP. DRAINED CAPERS
- 4 OR 8 SLICES APPLE-SMOKED BACON
- 4 EGGS
- 4 SLICES ARTISANAL WHOLE-GRAIN BREAD
- 4 OR 8 TOMATO SLICES
- SNIPPED BASIL (OPTIONAL)

For the spread, in a small dish stir together mayonnaise, country Dijon-style mustard, and drained capers.

In a large skillet cook bacon over medium-low heat until crisp, turning as needed; remove bacon. Discard most of the drippings. Fry eggs in remaining drippings to desired doneness, turning halfway through cooking, if desired.

Meanwhile, toast bread. Place a bread slice on each serving plate. Spread with some of the mayonnaise mixture; top each with 1 or 2 thick tomato slices and 1 egg. Serve with 1 or 2 slices bacon. Sprinkle with basil, if desired. Makes 4 servings.

Per serving: 288 cal., 19 g total fat (5 g sat. fat), 226 mg chol., 444 mg sodium, 16 g carbo., 4 g dietary fiber, 14 g protein.