Nourish Recipe

Lettuce Wrap BLT

Servings: 4

Ingredients

1 head Iceberg lettuce

½ lb turkey bacon

1 Tbsp olive oil

1 ripe avocado

2 large tomatoes

1 red onion, finely sliced

½ jar sundried tomatoes

Nutrition Facts

Servings 4

Amount Per Serving	
Calories	**279**
	% Daily Value
Total Fat 15.9g	**20%**
Saturated Fat 2.7g	**13%**
Cholesterol 37mg	**12%**
Sodium 735mg	**32%**
Total Carbohydrate 20.4g	**7%**
Dietary Fiber 7.2g	**26%**
Sugars 9.2g	
Protein 15.3g	
Vitamin D 0mcg	**0%**
Calcium 38mg	**3%**
Iron 4mg	**23%**
Potassium 1076mg	**23%**

What you'll need

measuring spoons

large non-stick skillet

bowl

Instructions

1. Peel off the large leaves from the lettuce and set aside.
2. Cook the bacon (½ lb) by cutting each strip in half and frying in the oil (1 Tbsp) in a non-stick pan for 2-3 minutes, turning half way through. Set aside.
3. Mash up the avocado in a bowl.
4. Slice the tomatoes into 1 inch slices, taking out the core.
5. Assemble the wraps with all the ingredients.

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