

Sandwiches

Crispy Pita BLT's

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Taste of Home Magazine - June/July 2012

Servings: 4

Preparation Time: 35 minutes

Bake Time: 15 minutes

1/3 cup mayonnaise

1 clove garlic, minced

1/4 teaspoon lemon peel, grated

1/4 cup all-purpose flour

3/4 cup fat-free milk

1 cup panko bread crumbs (Japanese)

2 medium yellow summer squash, cut into 1/4-inch slices

2 jalapeno peppers, seeds removed and cut into 1/4-inch slices

cooking spray

8 pita pocket halves

8 romaine leaves

8 slices tomato

16 cooked bacon strips, halved

Preheat the oven to 475 degrees.

In a small bowl, mix the mayonnaise, garlic and lemon peel. Cover and chill until serving.

Place the flour, milk and bread crumbs in three separate shallow bowls. Coat the squash and jalapeno slices with flour, then dip each in the milk and coat with the bread crumbs. Place on baking sheets coated with cooking spray. Spritz the vegetables with additional cooking spray.

Bake for 12 to 14 minutes or until golden brown, turning once.

Spread the mayonnaise mixture inside the pita halves. Fill each half with lettuce, tomato slice, bacon and breaded vegetables.

Serve immediately.

Per Serving (excluding unknown items): 162 Calories; 16g Fat (81.8% calories from fat); 1g Protein; 7g Carbohydrate; trace Dietary Fiber; 6mg Cholesterol; 104mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Vegetable; 0 Fruit; 1 1/2 Fat.