

Open-Faced Pimiento Cheese BLTs

Cooking Light Test Kitchen

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Servings: 4

2 tablespoons bottled diced pimientos, drained
1 tablespoon shallots, peeled and grated
2 tablespoons canola mayonnaise
1 teaspoon cider vinegar
1/4 teaspoon freshly ground black pepper
4 ounces reduced-fat sharp cheddar cheese, shredded
1 1/4 ounces fresh Parmesan cheese, grated
4 slices (1 ounce) sourdough bread, toasted
12 slices tomato
1/4 teaspoon Kosher salt
4 slices center-cut bacon, cooked and halved
1 cup baby arugula leaves

In a large bowl, combine the pimientos, shallots, mayonnaise, vinegar, pepper, cheddar and Parmesan.

Spread three tablespoons of the cheese mixture on each bread slice.

Top each with three tomato slices.

Sprinkle the tomato slices evenly with salt.

Top each sandwich with two bacon halves and 1/4 cup of the arugula.

Per Serving (excluding unknown items): 148 Calories; 2g Fat (10.9% calories from fat); 5g Protein; 31g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 303mg Sodium. Exchanges: 1 Grain(Starch); 3 1/2 Vegetable; 0 Fat; 0 Other Carbohydrates.