



GLUTEN FREE FRIED GREEN TOMATO BLT's

INGREDIENTS:

Green Tomatoes
1/4 cup Ian's Gluten Free Panko Bread Crumbs
1/4 cup Gluten Free Corn Meal
Salt and Pepper
1/2 teaspoon smoked paprika
1/4 teaspoon Chipotle Chili Powder
Bacon
Greens
Avocado
Olive Oil

DIRECTIONS:

Cook your bacon. I used 1.5 pieces per sandwich. When cooking bacon, I only turn it once. Set aside on paper towels to drain.

While bacon is cooking, prepare your bread crumb, corn meal, salt and pepper, paprika, and chili powder mix to coat tomatoes. I generally use zip-lock plastic bags for this task. Slice your tomatoes about 3/8 inch thick. Place in ziplock bag and shake really well.

I'm not a big fan of cooking in bacon grease - however - I only cooked 6 slices of bacon which did not yield very much grease, so I used the drippings from the bacon to cook my tomatoes, and I also added olive oil as I wanted a nice coating on the bottom of my saute pan. While I wanted the pan bottom coated, when I put the tomato slices in, there were not COVERED in oil. Judge how much you need to use by the size of your pan.

Heat oil to med-high and then place tomatoes in pan. Cook until brown, flip and continue cooking the second side the same. Remove and place on paper towels to drain.

To assemble your sandwich, I placed on slice of tomato on the bottom, topped with bacon, added my greens, then placed sliced avocado, and finished with a crown of another tomato slice.