

Avocado Turkey Bacon and Tomato Panini

Serves : 4

8 Slices of Turkey Bacon (use thinly sliced chicken breasts if Strict 30)

1 Avocado, smash

1 beefsteak tomato or 2 smaller tomatoes

8 slices Ezekiel bread

8 basil leaves

4 tsp Mayonaise

Cook Turkey Bacon in a skillet on medium until done and very crisp about 6 to 10 minutes. If you're "Strict 30" used thinly sliced chicken breast instead.

Once bacon is cooked assemble sandwiches. Spread 1/2 tsp of mayo on each inside piece of bread. Smear 1/4 of smashed avocado on slice of bread and smear 1 tbsp of mayo on other slice of bread. Place two slices of cooked bacon on one of the sides of bread, if it hangs over, break off edges and place inside of sandwich. Place slices of tomato and basil on other piece of bread all the way to the edges. Put sides together and either place in a panini maker or on a skillet and cook on medium to medium high heat and until both sides are crisp and brown. Cut in half and serve with a side salad.