



Ulliance

Enhancing People. Improving Business.

25th



Chef Tip ▶

During the assembly process, the bacon and lettuce will need to be folded over onto themselves several times.

Life Advisor Wellness

B.L.A. (Bacon, Lettuce, Apple) Bites



serves

6



prep time

15m



cook time

15-20m

Ingredients:

One half of a whole-wheat baguette, sliced into ½ inch thick pieces (need 12 pieces)

12 slices bacon

¼ cup mayonnaise

½ teaspoon apple pie spice

6 leaves Romaine lettuce

1 Michigan apple, cut into 1-inch pieces (need 12 pieces)

1 teaspoon fresh lemon juice

4 ounces' brie cheese, cut into 1-inch pieces (need 12)

12 large wooden toothpicks

Instructions:

1. Preheat oven to 350 degrees and place baguette slices on rimmed baking pan
2. Bake 15 – 20 minutes or until crisp, turning once
3. Place bacon in large skillet
4. Cook over medium-high heat until lightly crisp, transfer to paper-towel lined plate
5. In a small bowl, stir mayonnaise and apple pie spice until well combined
6. Cut center rib out of each lettuce leaf and discard
7. Cut outer portion of each lettuce leaf into 1-inch-wide strips
8. In medium bowl, toss apple pieces and lemon juice until well combined
9. Spread each piece of bread with 1 teaspoon mayonnaise mixture.
10. On a large toothpick, skewer one piece of: apple, cheese, bacon, lettuce and place skewer on top of a piece of bread.
11. Repeat with remaining ingredients and serve immediately.