



Grilled BFT's

(Bacon, Feta & Tomato)

Ingredients:

- 4 slices rustic white or whole wheat bread
- 6 ounces feta cheese
- 4 slices cooked bacon
- 8 large basil leaves
- 8 tomato slices (from a medium tomato)
- 1 to 2 tablespoons extra virgin olive oil

Directions:

Arrange the bread in one layer on a cutting board. Spread one fourth of the feta evenly on each piece of bread and top two of the bread slices with two pieces of bacon, broken in half. Top the bacon with the basil and finally the tomato slices and then put the feta spread slice on top of the tomatoes, feta side down and press firmly.

Heat 1 tablespoon of the oil in a large nonstick skillet over medium high heat. Add the sandwiches carefully, pressing them down with a spatula. Reduce the heat to medium and cook the sandwiches until golden and crispy, about 3 minutes. Turn them over, adding more oil if necessary and cook on the second side until golden and crispy, about another 3 minutes. Serve right away.