

Bacon & Tomato Dunk

Michele Braden, *Fast & Fabulous Hors d'oeuvres*, 1992



If you're a BLT fan, you'll love this dip

5 slices bacon

2 medium ripe tomatoes

1/2 cup mayonnaise, Best Foods brand or homemade

1 1/2 teaspoons Dijon mustard

2 tablespoons green onions, coarsely chopped

2 tablespoons parsley

Serving Ideas: I have made this with low-fat mayo. I'd be lying if I said it's "just as good." It isn't, but if you crave a BLT, it will satisfy.

Serve with baked pita chips, crackers, or baguette slices, toasted. You may garnish the dunk with minced onions, parsley, additional minced tomatoes or crumbled bacon.

Servings: 6

This dip/dunk is sinfully delicious. If you are using thick sliced bacon, use about half the number of slices. Don't overblend or it becomes too loose. If you have any leftovers, it's delicious on leftover pasta or rice, or even as a salad dressing.

1. Cook bacon until crisp, drain on paper towels and cool.
2. Combine in a food processor the green onions and parsley and process until it's a fine mince. Scrape out into a medium bowl.
3. Cut tomatoes in half and scoop out the seeds as much as possible. Process the tomatoes in the food processor until they are minced, but not pureed. Pour out into the same bowl and add the mayonnaise and Dijon mustard. Mince up the bacon until it's very fine and stir it into the mixture, then cover, and refrigerate for up to 4 days.

Yield: 1 1/2 cups

Per Serving (excluding unknown items): 172 Calories; 18g Fat (90.2% calories from fat); 2g Protein; 2g Carbohydrate; 1g Dietary Fiber; 11mg Cholesterol; 209mg Sodium. Exchanges: 0 Lean Meat; 1/2 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>