

## **BLTA and Sweet Potato Fries with Lemon Aioli**

**Sweet Potato Fries:** Wash your sweet potatoes really well. I like to leave the skin on, so I scrub them clean. The skin adds a nice crisp. Slice the sweet potatoes into little fries. Put them in a bowls and drizzle olive oil on them and salt and pepper. Put them on a baking sheet and bake them at 450 Degrees. After 8 minutes turn the fries and cook them for another 8 minutes. They should be tender and a little crispy.

**BLTA:** While the fries are baking, heat a skillet to medium-high and add your bacon. Cook your bacon to your desired doneness. I like mine crispy. You may need to do a couple batches.

While your bacon is frying, start toasting your toast. You may want to cut the pieces of bread in half because they are long.

\*If you have a gluten free meal, you will use the romaine lettuce instead of the bread.

### **Lemon Aioli:**

Squeeze ½ of a lemon into the mayo mixture. Mince 1 clove of garlic and add it too. Sprinkle in some salt and pepper. Stir it all together.

### **Plate (non gluten free):**

Slice your fresh tomatoes.

Slice your avocado and take out a small amount of your greens.

\*The rest of them will be used for the salad you will make with your pasta meal.

Spread the Lemon aioli on both sides of your toast, and layer the bacon, lettuce, tomato, and avocado. Put your sandwich on a plate with your sweet potato fries, and use the lemon aioli to dip your fries in.

**\*Plate (Gluten Free):** Lay out the pieces of romaine lettuce like little canoes. Fill the canoes with chopped bacon, diced tomatoes, avocado chunks, and drizzle the lemon aioli over the top. They are SO delicious this way!! Put a couple of the canoes on your plate with a side of sweet potato fries. Use the lemon aioli to dip your fries. You can pick the canoes right up and eat them or you can use a fork. I like to pick them right up.

Lemon Aioli Ingredients: Mayo, Fresh Lemon Juice, Minced Garlic, Salt, pepper