

# BLT WITH AVOCADO SWEET POTATO SLIDERS

*Gluten Free, Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium*

Serves: 1 (Serving= 1 slider)

## Nutrition (per serving)

Calories: 199

Total Carbohydrate: 21 g

Total Fat: 10.5 g

Dietary Fiber: 4.5 g

Saturated Fat: 1.5 g

Protein: 6.5 g

Sodium: 334 mg



## Ingredients

- Two 1/4-1/2 inch thick sliced sweet potato rounds
- Cooking spray
- 2 slices cooked turkey bacon
- 1 lettuce leaf
- 2 slices Roma tomato
- 2 slices avocado, thinly sliced
- 2 teaspoons light mayonnaise



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## Directions

1. Preheat oven to 375 degrees Fahrenheit.
2. Place the sweet potato slices on a baking sheet sprayed with cooking spray. Place the turkey bacon on half the slices. Leave the other half of the slices un-topped, but spray with cooking spray.
3. Bake for 15 minutes, flip un-topped slices and bake an additional 15 minutes.
4. Place lettuce, tomato and avocado on top of turkey bacon. Spread mayonnaise on un-topped sweet potato slice and place face down on top of open-faced slider. Using a skewer, secure slider through the middle.



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