



January is an economically pressing time for any of us. I would like to think that as a nation we are embracing the less is more initiative when it comes to the Holiday Season. I strive emphatically but, it seems with the colder and darker months I am more inclined to treat myself. For me, this recipe is indulgence with a tolerable price tag for economics and time. I can't remember the first time I experienced the flavor combination of salty crisp warm bacon with acidic but slightly sweet and juicy tomatoes but it is my favorite element of the sandwich.

I do realize that it is not tomato season and this recipe may be better suited for the summer when they are bountiful. However, California has some descent priced tomatoes available at the supermarkets. Or if you own and Aero Garden you can have your own personal harvest anytime of the year.

My husband makes these sandwiches when he is in charge of dinner or "tea" as he calls it. In Scotland, there is "tea time" for drinking tea and "time for tea" which is for eating dinner. The first time he made these sandwiches he used fresh spinach leaves. I do not know if he was being creative by adding spinach leaves in place of lettuce or if he was acting out of necessity for lack of ingredients. Nevertheless we always make these sandwiches with fresh spinach now. I like to trust that we are consuming superior nutrition opposed to if we ate ice burg lettuce.

Serves 4

My total cost per sandwich -\$1.31

Ingredients

8 slices of bread (I used cracked wheat soured dough)

12 oz smoked bacon

2 large tomatoes

8-10 oz fresh spinach leaves

drizzle of balsamic vinegar and oil

black pepper to taste

Method

Preheat oven to 450°. Place bacon on baking trays lined with foil for easy clean up. Bake bacon in oven for 10-15 minutes or until desired crispness. Remove from oven and place on paper towels to drain excess grease.

While bacon is in the oven wash spinach and pat dry if not using prewashed and packaged spinach. Slice tomatoes, season with pepper and drizzle with balsamic vinegar and olive oil.

Toast bread to desired doneness and begin to build your sandwiches. Spinach, tomatoes then bacon. You may also add a dap of mayonnaise if you wish.

Serve immediately while bacon is still warm and enjoy.