



**THE BETTER BLT BUNDLE  
RECIPE BOOK**



# THE BETTER BLT BUNDLE

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## BLT Panzanella Salad with Smoky Vinaigrette

Serves 4

### Dressing:

2 teaspoons apple cider vinegar  
2 teaspoons Wildtree Italian Salad Dressing Mix  
¼ cup Wildtree Smoky Bacon Grapeseed Oil  
2 teaspoons honey  
2 teaspoons Dijon

1 tablespoon Wildtree Smoky Bacon Grapeseed Oil  
3 cups cubed bread  
5 cups chopped romaine  
2 cups cherry tomatoes, quartered

Combine all dressing ingredients until emulsified; set aside. Heat Grapeseed Oil in a large skillet over medium to high heat. Add the bread cubes and toss in the Grapeseed Oil. Cook bread, stirring occasionally until toasted and golden, about 5 minutes. Transfer to a bowl to cool. Once bread has cooled add the lettuce and tomatoes. Drizzle with prepared dressing and toss to coat all the ingredients.

Calories 260; Fat 18g; Saturated Fat 2g; Carbohydrate 23g; Fiber 3g; Protein 4g; Cholesterol 0mg; Sodium 490mg

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## Fried Green Tomato BLT

Serves 4

¼ cup light mayo  
2 teaspoons Wildtree Garlic Galore Seasoning Blend  
2 eggs  
2 tablespoons milk  
¼ cup flour  
¼ cup cornmeal  
1 teaspoon garlic powder  
½ teaspoon salt  
1/8 teaspoon cayenne  
2 green tomatoes, cut into ¼ inch slices  
Wildtree Smoky Bacon Grapeseed Oil for frying  
8 slices bread (toasted if desired)  
1 cup arugula  
1 avocado, sliced

Mix together mayo and Garlic Galore; set aside. In a bowl whisk together eggs and milk. In a second bowl combine the flour, cornmeal, garlic powder, salt, and cayenne. Fill the bottom of a skillet with Grapeseed Oil and heat over medium high heat. Dip each tomato slice in the egg, then coat in the cornmeal mixture. Carefully drop each tomato in the hot Grapeseed Oil. Cook each slice about 2 minutes on each side or until golden brown. Transfer to a paper towel lined plate. Spread the garlic mayo on one side of each slice of bread. Top 4 slices with arugula, 2 fried green tomatoes, avocado, and second slice of bread.

Calories 520; Fat 31g; Saturated Fat 3.5g; Carbohydrate 49g; Fiber 9g; Protein 14g; Cholesterol 110mg; Sodium 780mg

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Heat Grapeseed Oil in a stockpot over medium heat. Add the onion, celery, and carrots. Sauté until translucent about 7 minutes. Add the Garlic Galore and cook 30 seconds more. Add the tomatoes, Bouillon, basil, thyme, and oregano. Bring to boil. Cover, reduce heat to low, and simmer 45 minutes. While the soup is simmering, prepare the pesto and croutons. Preheat oven to 400°F. Combine the arugula, spinach, basil, Parmesan, and pine nuts in a food processor. Begin to blend at a low speed, and slowly drizzle in Grapeseed Oil until smooth. Transfer to a bowl and set aside. Toss cubed bread with Grapeseed Oil. Spread in a single layer on a baking sheet and cook for 10 minutes or until bread is toasted and golden. Working in batches if necessary, puree soup in a blender until smooth. Return to pan and stir in the heavy cream. Serve soup with pesto and croutons.

Calories 340; Fat 26g; Saturated Fat 6g; Carbohydrate 22g; Fiber 4g; Protein 7g; Cholesterol 25mg; Sodium 920mg

## BLT Soup with Arugula Pesto

Serves 5

- 1 tablespoon Wildtree Smoky Bacon Grapeseed Oil
- ½ onion, diced
- 1 celery stalk, diced
- 2 carrots, peeled and diced
- 2 teaspoons Wildtree Garlic Galore Seasoning Blend
- 1 (28 ounce) can whole tomatoes
- 2 ½ cups Wildtree Vegetable Bouillon Soup Base, prepared according to package directions
- 1 tablespoon fresh chopped basil
- 1 tablespoon fresh thyme
- 1 teaspoon dried whole oregano
- ¼ cup heavy cream

### Pesto:

- ½ cup arugula
- ½ cup baby spinach
- ¼ cup basil
- ½ cup fresh grated Parmesan
- 2 tablespoons pine nuts
- ¼ cup Wildtree Smoky Bacon Grapeseed Oil

### Croutons (optional):

- 2 cups cubed bread
- 1 tablespoon Wildtree Smoky Bacon Grapeseed Oil

## Kickin' BLT

Serves 4

- 6 jalapeños
- 1 cup vinegar (apple cider)
- 1 package Wildtree Sweet Pickle Spice
- ¼ cup light mayo
- 2 teaspoons Wildtree Chipotle Lime Rub
- 8 slices bread (toasted is desired)
- ½ cup sun-dried tomatoes, chopped
- 4 romaine leaves
- 4 slices smoked gouda
- 8 slices bacon, cooked and halved



Slice jalapeños into rings and remove seeds (wear gloves if you are sensitive to capsicum). In a medium-sized saucepan, mix together the vinegar and Sweet Pickle Blend. Place on medium heat and cook, stirring occasionally until the pickle spice dissolves completely. Place the jalapeños in a 32-ounce mason jar or other sealable container. Pour the vinegar and pickle blend mixture over the jalapeños. Let rest in the refrigerator for at least 4 hours before consuming. Mix together the mayo and Chipotle Lime Rub. To assemble sandwiches spread the chipotle mayo on one side of each slice of bread. Top 4 slices with sun-dried tomatoes, romaine, one slice of gouda, 4 halves of bacon, pickled jalapeños, and top slice of bread.

Calories 400; Fat 22g; Saturated Fat 8g; Carbohydrate 31g; Fiber 5g; Protein 22g; Cholesterol 55mg; Sodium 1240mg

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## Scallop BLT

Serves 4

- 3 tablespoons mayo
- 2 teaspoons Wildtree Smoked Mozzarella & Tomato Blend
- 8 sea scallops
- ½ teaspoon salt
- ½ teaspoon black pepper
- 1 tablespoon Wildtree Smoky Bacon Grapeseed Oil
- 2 leaves of romaine, torn into 8 pieces total
- 8 slices tomato
- 2 strips bacon, cooked and cut into quarters

In a small bowl combine the mayo and Smoked Mozzarella Blend; set aside. Season both sides of the scallops with salt and pepper. Heat a nonstick skillet over medium high heat. Add the Grapeseed Oil; once shimmering, add the scallops. Cook on each side for 2-3 minutes. Remove from pan and let rest until cool enough to handle. To assemble, cut each scallop in half and use as a bun. Top the bottom “bun” with lettuce, a slice of tomato, and 1 piece of bacon. Spread about 1 teaspoon of the mayo mixture on the top “bun” and place on top of the bacon. Use a toothpick to hold the scallop BLTs together if desired.

Calories 200; Fat 10g; Saturated Fat 1g; Carbohydrate 8g; Fiber 1g; Protein 20g; Cholesterol 45mg; Sodium 710mg



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## BREAD

5 cups cubed bread  
16 slices bread

## DAIRY

¼ cup heavy cream  
2 tablespoons milk  
4 slices smoked gouda  
½ cup fresh grated Parmesan  
2 eggs

## PROTEIN

8 sea scallops  
10 strips bacon

## PRODUCE

½ cup sun dried tomatoes, chopped  
1 (28 ounce) can whole tomatoes  
8 slices tomato  
2 green tomatoes, cut into ¼ inch slices  
2 cups cherry tomatoes, quartered  
6 leaves of romaine  
5 cups chopped romaine  
1½ cups arugula  
½ cup baby spinach  
½ onion  
1 celery stalk  
2 carrots  
1 avocado  
6 jalapenos

## SPICES

1 teaspoon salt  
½ teaspoon black pepper  
1/8 teaspoon cayenne  
1 tablespoon fresh thyme  
1 teaspoon dried whole oregano  
1 teaspoon garlic powder  
1 tablespoon fresh chopped basil  
¼ cup basil

## OTHER

¼ cup flour  
¼ cup cornmeal  
2 tablespoons pine nuts  
1 cup + 2 teaspoons apple cider vinegar  
3 tablespoons mayo  
½ cup light mayo  
2 teaspoons honey  
2 teaspoons Dijon

## WILD TREE PRODUCTS

Chipotle Lime Rub  
Garlic Galore Seasoning Blend  
Italian Salad Dressing Mix  
Smoked Mozzarella & Tomato Blend  
Smoky Bacon Grapeseed Oil  
Sweet Pickle Blend  
Vegetable Bouillon Soup Base