

**Peameal Bacon Sandwich**

Whether you serve them for breakfast, brunch or dinner, these peameal bacon sandwiches will be the new craze at the cottage or at home. If you like, serve topped with scrambled or fried eggs. For dinner, serve with coleslaw.

**Preparation Time:** 10 minutes

**Cooking Time:**  4 minutes

**Grilling Time:** 8 minutes

 *Serves 4*

2/3 cup (150 mL) prepared chicken gravy

1 tbsp (15 mL) minced Ontario Shallots

Pinch cayenne pepper

1 sprig fresh Ontario Thyme

 Pepper, to taste

4 panini buns

2 tbsp (25 mL) grainy mustard

1 tbsp (15 mL) Ontario Honey

8 slices Ontario Peameal Bacon (about 12 oz/ 375 g)

1 cup (250 mL) Ontario Cheddar Cheese Curds

2 Ontario Tomatoes, thinly sliced

In small saucepan, combine gravy, shallots, cayenne pepper and thyme. Bring to boil; reduce heat to low and simmer for 2 minutes, stirring occasionally. Remove from heat; discard thyme. Season with pepper and keep warm.

In small bowl, stir together mustard and honey. Slice buns horizontally and spread bottom halves with mustard mixture. Place on baking sheet or heavy duty aluminum foil; set aside.

Place bacon on greased grill over medium heat. Grill, covered, until cooked through, about 2 minutes per side. Place bacon on mustard side of buns; top with cheese curds. Place baking sheet on grill; cover and grill until cheese is slightly melted, 3 to 4 minutes.

Place sandwiches on plates, drizzle with gravy and top with tomatoes.

**Tip**: Peameal bacon, originating in Ontario is lean and tender. It is from the pork loin and has been cured in a brine and rolled in cornmeal; available sliced or by the piece.

**Nutritional Information:**

PROTEIN: 25 grams

FAT: 18 grams

CARBOHYDRATE: 40 grams

CALORIES: 425

FIBRE: 3 grams

SODIUM: 1508 mg



**Four-Vegetable Slaw**

Lightly dressed and tasty, this slaw is a perfect addition to your next sandwich or meal.

**Preparation Time:** 15 minutes

 *Serves 4*

1/4 cup (50 mL) light mayonnaise

1 tbsp (15 mL) granulated sugar

1 tbsp (15 mL) **each** cider vinegar and water

1-1/2 cups (625 mL) shredded Ontario Green Cabbage

1 Ontario Carrot, shredded

Half small Ontario Onion, grated

Half Ontario Greenhouse Sweet Pepper (any colour0, thinly sliced

In large bowl, whisk together mayonnaise, sugar, vinegar and water. Add cabbage, carrot, onion and sweet pepper; toss to combine.

**Tips:** Use 2 sliced Ontario green onions in place of the onion.

Shred the carrot and grate the onion on the large-hole side of a box cheese grater.