



## Bacon and tomatoes

If you love bacon then you will love the simplicity of this dish. Food does not have to be complicated to taste good and to hit the spot.

Enjoy bacon and toms for breakfast or for lunch whether you want to lose or maintain your weight - it's great for both.

*Quantities to be decided by you, depending on how many you are feeding.*

### Ingredients

- Bacon
- Tomatoes

*An excellent lighter version of an English breakfast or a quick and easy light lunch*

Recipe developed by Sharyn Singer

### Method

1. Grill lean bacon
2. Serve with grilled or raw tomatoes



The Grange  
Welford Road

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