

Breakfast

Breaded Brunch Bacon

Rebecca Novakovich

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Servings: 10

Preparation Time: 15 minutes

Bake Time: 30 minutes

2 eggs

2 tablespoons white vinegar

1 teaspoon prepared mustard

1/2 teaspoon cayenne pepper

1 1/2 cups (about 45) reduced-sodium saltines, finely crushed

10 strips thick-sliced bacon, halved widthwise

Preheat oven to 350 degrees.

In a shallow dish, whisk the eggs, vinegar, mustard and cayenne.

Place the cracker crumbs in another shallow dish.

Dip the bacon in the egg mixture and then roll in the crumbs.

Arrange in a single layer on two foil-lined 15x10x1-inch baking pans.

Bake for 15 to 20 minutes.

Turn the bacon over.

Bake for 15 to 20 minutes longer or until golden brown.

Remove to paper towels to drain.

Serve warm

Per Serving (excluding unknown items): 89 Calories; 7g Fat (74.6% calories from fat); 5g Protein; trace Carbohydrate; trace Dietary Fiber; 53mg Cholesterol; 223mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1 Fat; 0 Other Carbohydrates.