

# Double Tomato BLTs with Arugula Pesto

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## Servings: 4

*6 plum tomatoes, four halved  
lengthwise, two sliced crosswise  
1 tablespoon + 1/2 cup extra-virgin  
olive oil  
Kosher salt  
freshly ground pepper  
16 slices (two 4-ounce pkgs) pancetta,  
sliced very thin  
2 cups packed baby arugula  
2/3 cup Parmesan cheese, grated  
1/2 cup sliced almonds  
1 clove garlic  
4 six-inch ciabatta rolls, split and  
toasted  
olive oil (for drizzling)*

## Preparation Time: 25 minutes

Preheat the oven to 250 degrees.

Arrange the four halved tomatoes, cut side up, on a rimmed baking sheet. Drizzle with one tablespoon of oil and season lightly with salt and pepper. Roast until shriveled on top and just wet, about 3 hours. Remove from the oven and set aside.

Increase the oven heat to 425 degrees.

Arrange the pancetta on a rimmed baking sheet. Bake until crisp and golden brown, 10 to 12 minutes. Drain on paper towels.

Meanwhile, in a food processor, pulse the arugula, Parmesan, almonds and garlic. Season with salt. With the motor running, add 1/2 cup of oil and process until the pesto comes together.

Drizzle the cut sides of the rolls with oil and season with salt and pepper. Spread the bottoms of each with about one tablespoon of the arugula pesto (leftover pesto is great on pizza). Then add the sliced tomatoes, crisp pancetta and roasted tomatoes. Set the tops into place and press lightly to flatten.

Start to Finish Time: 3 hours 25 minutes

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Per Serving (excluding unknown items): 2433 Calories; 143g Fat (54.1% calories from fat); 262g Protein; 11g Carbohydrate; 2g Dietary Fiber; 645mg Cholesterol; 24705mg Sodium. Exchanges: 0 Grain(Starch); 37 1/2 Lean Meat; 1 Vegetable; 13 Fat.

Sandwiches

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	2433	<b>Vitamin B6 (mg):</b>	3.9mg
<b>% Calories from Fat:</b>	54.1%	<b>Vitamin B12 (mcg):</b>	8.1mcg
<b>% Calories from Carbohydrates:</b>	1.9%	<b>Thiamin B1 (mg):</b>	5.2mg
<b>% Calories from Protein:</b>	44.0%	<b>Riboflavin B2 (mg):</b>	2.3mg
<b>Total Fat (g):</b>	143g	<b>Folacin (mcg):</b>	67mcg
<b>Saturated Fat (g):</b>	36g	<b>Niacin (mg):</b>	36mg
<b>Monounsaturated Fat (g):</b>	82g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	15g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	645mg	<b>% Refuse:</b>	0.0%
<b>Carbohydrate (g):</b>	11g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	2g	<b>Grain (Starch):</b>	0
<b>Protein (g):</b>	262g	<b>Lean Meat:</b>	37 1/2
<b>Sodium (mg):</b>	24705mg	<b>Vegetable:</b>	1
<b>Potassium (mg):</b>	4986mg	<b>Fruit:</b>	0
<b>Calcium (mg):</b>	323mg	<b>Non-Fat Milk:</b>	0
<b>Iron (mg):</b>	11mg	<b>Fat:</b>	13
<b>Zinc (mg):</b>	27mg	<b>Other Carbohydrates:</b>	0
<b>Vitamin C (mg):</b>	18mg		
<b>Vitamin A (i.u.):</b>	672IU		
<b>Vitamin A (r.e.):</b>	85 1/2RE		

## Nutrition Facts

Servings per Recipe: 4

### Amount Per Serving

**Calories** 2433 **Calories from Fat:** 1317

		% Daily Values*
<b>Total Fat</b>	143g	220%
Saturated Fat	36g	180%
<b>Cholesterol</b>	645mg	215%
<b>Sodium</b>	24705mg	1029%
<b>Total Carbohydrates</b>	11g	4%
Dietary Fiber	2g	9%
<b>Protein</b>	262g	
<b>Vitamin A</b>		13%
<b>Vitamin C</b>		30%
<b>Calcium</b>		32%
<b>Iron</b>		63%

\* Percent Daily Values are based on a 2000 calorie diet.