



## **Open-Faced BLT Salmon Sandwiches**

*A favorite classic sandwich gets a healthy update*

### **Dill Onion Cream Spread:**

- 2 Tablespoons plain thick yogurt
- 2 Tablespoons mayonnaise
- 1 Tablespoon fine chopped dill pickles
- 1/2 Tablespoon chopped chives
- 1/8 teaspoon ground black pepper or to taste

### **Salmon:**

- 3/4-to-1-pound boneless salmon fillets with skin
- Blackened seasoning as desired
- 2 slices soft crusted bread (1 inch thick), toasted
- 2 bibb lettuce leaves
- 1 to 2 medium tomatoes, sliced
- 3 slices bacon, cooked crisp, broken into pieces
- Topping: minced chives, 2 small dill sprigs, lemon juice as desired

**Prepare the Herb Spread:** In a small bowl, stir together all the herb spread ingredients; set aside.

**Prepare the Salmon:** Line a small shallow baking pan with foil. Rinse and pat salmon dry; cut into two salmon portions; sprinkle as desired with blacked seasoning.

**Baking Salmon:** Place skin side down in preheated 425 degrees F oven on upper rack; bake about 15 minutes or until fish is crisp on top and salmon temperature is about 125 degrees F. Set aside to stay warm.

**For Each Serving:** Place one piece of toast on each serving plate; spread dill onion cream over the toast; top with a lettuce leaf; place about 2 tomato slices over lettuce. Remove salmon from the skin, and place one filet over tomatoes. Sprinkle the fish with a few bacon pieces, chives, and small dill sprig. Drizzle lightly with lemon juice. Serve warm with fork and knife.  
Serves: 2

**Recipe Inspired by:** <https://www.wisconsincheese.com/recipes/536/open-faced-salmon-blt-sandwiches>

**Cook's Note:** Make sure that you select a bread that is friendly to a knife and fork. Some hard crusted bread will make the sandwich difficult to eat.

**About the Recipe:** Many people say that the classic BLT was inspired by the legendary club sandwich. It continues to be popular because it's simply delicious and a family favorite. This recipe added ever-popular juicy salmon, a healthy choice for Omega 3 followers, to the BLT idea. Now there's another reason why this classic is even better. It's a delicious way to stay healthy!