pregnancy-friendly italian blt sub



featured product:
romaine heart leaves

this viral, lunch meat-free blt is a favorite among pregnant and non-pregnant people alike, and now you can enjoy it at home anytime the craving hits!

get a bite of that salty, tangy, crunchy combo, complete with classic italian-inspired flavors. and of course, there's a generous handful of fresh organicgirl romaine to add the feel-good nutrients your body craves.

ingredients

4 large sub rolls (gluten-free if needed)
¼ cup mayonnaise
2 tablespoons relish
2 packages bacon, cooked until crispy
4–5 sandwich pickle slices
¼ cup sliced banana peppers
1 tomato, sliced
1 small onion, thinly sliced
1 clamshell **organicgirl romaine**
olive oil, to taste
red wine vinegar, to taste
½ teaspoon dried oregano
salt and black pepper, to taste

directions

1. cook the bacon until crispy and set aside.

2. slice the sub rolls in half; spread mayonnaise on one side of each roll and relish on the other.

3. layer with the crispy bacon, pickle slices, banana peppers, tomato, onion, and a generous handful of organicgirl romaine.

4. drizzle with olive oil and red wine vinegar.

5. sprinkle with oregano, salt, and black pepper.

6. slice in half and serve immediately with chips, fries, or your favorite side.