

STARTER & SNACK

BLT Dip

12 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
25 min	15 min	10 min	8	\$1.61	364 kcal



You can never have too many hor d'oeuvre recipes, so give BLT Dip a try. This recipe serves 8 and costs \$1.61 per serving. One serving contains 364 calories, 10g of protein, and 24g of fat. 5 people found this recipe to be flavorful and satisfying.

Ingredients

- ☐ 1 head iceberg lettuce, shredded
- ☐ 12 ounce package whole wheat pita pockets, cut into small triangles (recommended: Sara Lee)
cut into small triangles recommended: sara lee
- ☐ 8 servings Salt and freshly ground black pepper
- ☐ ½ cup chopped sun-dried tomatoes
- ☐ ¾ cup real mayonnaise
- ☐ ½ cup real bacon crumble (recommended: Hormel)
- ☐ 1 cup sour cream

EQUIPMENT Bowl, Baking sheet, Oven

Method

- 1 Preheat oven to 325 degrees F.
- 2 Place sun-dried tomatoes in a small bowl and cover with warm water.
- 3 Let stand until tender.
- 4 Drain.
- 5 Meanwhile, cut pita into triangles, place on a baking sheet and toast for 10 minutes.
- 6 In medium bowl, combine mayonnaise, sour cream, bacon bits, and sun-dried tomatoes.
- 7 Add a pinch of salt and pepper. Use a spoon to mix together; set aside.
- 8 Cut out the core of the lettuce head to form a bowl for the dip.
- 9 To serve, spoon BLT dip into hallowed out lettuce head and set in the center of a serving plate.
- 10 Place toasted pita triangles around edge of plate.

Nutrition per serving

364	10 g	24 g	31 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			6.5 g · 41% of daily needs
Fibre			4.3 g · 17% of daily needs
Sugar			6.2 g · 7% of daily needs
Sodium			547 mg · 24% of daily needs
Cholesterol			35.9 mg · 12% of daily needs
Vitamin C			4.8 mg · 6% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/blt-dip-142222