

# Egg and Bacon Canapés

## • **Ingredients**

- 3 hard-cooked eggs, peeled
- 3 slices whole wheat or white toast
- 1/4 cup (60 mL) low-fat mayonnaise
- 1/2 tsp (2.5 mL) Dijon mustard
- 1 tsp (5 mL) chopped fresh herbs (such as dill, chives or tarragon) plus additional for garnish
- Dash hot sauce
- Pinch freshly ground pepper
- 2 slices cooked bacon, cut into bite-sized pieces

## • **Instructions**

- Step 1 Using egg slicer or sharp knife, slice hard-cooked eggs, crosswise into 1/4 inch (1 cm) slices.
- Step 2 Using 2 inch (5 cm) circle cookie or biscuit cutter, cut rounds out of toast to make 12 circles.
- Step 3 In small bowl, combine mayonnaise with Dijon mustard, herbs, hot sauce and pepper.
- Step 4 To assemble: Top toast with 1 egg slice, 1/4 tsp (1.25 mL) dollop of mayonnaise, a piece of bacon and garnish with fresh herbs.

Serves: 12     Time to prepare: 20 min