

# BHT – Basil, Crispy Ham and Tomato Sandwich

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Prep Time: 15 min  
Inactive Prep Time: hr min  
Cook Time: 7 min  
Level: Easy  
Serves: 2 sandwiches



## Ingredients

- 6 1/8 inch thin slices of reduced fat Black Forest Ham
- 3 tablespoons balsamic vinegar
- 4 slices good wholegrain bread, cut 1/2-inch thick or use a hamburger bun like Wheat Montana
- 4 tablespoons spicy mayonnaise (see recipe below)
- 1/2 cup large basil leaves
- 1 large ripe tomato, sliced 1/2-inch thick
- Kosher salt and freshly ground black pepper

Optional: Cheese slices such as Swiss or a Smoked Gouda.

## Directions

Preheat non-stick pan. Place ham slices in pan and add the balsamic vinegar on top. Cook ham until brown and to desired crispness. Watch carefully. Drain on paper towels and set aside.

Place 2 slices on a cutting board. Spread each slice with about 1 tablespoon of mayonnaise. Cover the slices with a layer of basil leaves. Arrange 3 slices of crisp ham on top of the basil and then add a layer of tomato slices on top of the ham. Sprinkle with salt and pepper.

Spread each of the remaining 2 slices of toasted bread with 1 tablespoon of mayonnaise and place, mayonnaise side down, on the sandwiches. Cut in half if using bread, leave whole if using a small hamburger bun. Place in sandwich size plastic container (you can wrap it in plastic wrap first) and put in your hiking pack. If hiking in warm weather, place a small frozen water bottle next to it. You can wrap them together in a small picnic cloth to keep them from shifting.

### *Spicy Mayonnaise:*

1/2 cup good mayonnaise  
1 jalapeno pepper, stemmed, seeds removed and finely chopped  
1 teaspoon lime juice  
1 Tablespoon ketchup  
1/2 teaspoon minced garlic  
Pinch of salt

1/8 teaspoon dried crushed oregano

Place all of the ingredients in a small bowl and whisk to blend. Transfer to a clean container and refrigerate until ready to use or serve.

Yield: about 1/2 cup

**Merle's Notes:** The intention was to create a sandwich similar to a BLT but without the fat of bacon. The balsamic vinegar adds zing to the ham; I love it but you can certainly omit the vinegar. You can toast the bread, but I prefer not to when I take it on a hike. If you prefer, use plain mayonnaise instead of the spicy spread.

Option: Add cheese slices, Swiss is great!

If you want to put the mayo on just before you eat it, put it in a small container and bring along separately. Or if you are nervous about mayo on a warm day, use [cilantro chutney](#) or a garlic/herb vinaigrette as a condiment instead.

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