



healthy & delicious:

**9 seriously tasty
bacon recipes!**



nakedbaconco.com

contents

- 1 about
- 2 turkey club
lettuce wrap
- 3 bacon & eggs
baked avocado
- 4 bacon "chips" &
avocado greek
yogurt dip
- 5 fiesta chicken &
bacon cobb salad
- 6 zucchini, bacon &
egg cups
- 7 dairy free zuppa
toscana
- 8 bacon & brussels
sprouts salad
- 9 green beans with
pecans and bacon
- 10 easy loaded
hasselback
potatoes



about us

hi! we're naked bacon, a family business on a mission to bring you the best bacon and sausages on earth!

we make our bacon using a 150+ year old family recipe that's been passed down and kept secret through the generations, using only the highest quality ingredients available.

the result? a taste that just can't be beat! it's bacon the way bacon *should* be!

naked bacon is:

- *all natural*
- *sugar free*
- *nitrate and sulphite free*
- *whole30 approved*

get our award winning bacon and sausages:

- nakedbaconco.com
- [amazon](#)
- [select target locations](#)

we want to get to know you too! please come visit us on social media! we share lots of fun on facebook and [instagram](#) (@nakedbaconco).



turkey club lettuce wrap

Prep: 5 min Cook: 10 min Total: 15 min

Makes 2 large wraps

Ingredients:

1 package original naked bacon
6 slices deli turkey
4 pieces american, swiss, or cheddar cheese
1 large tomato
8-10 large romaine lettuce leaves
2-3 tbsp. mayo
salt and pepper

Instructions:

Cook the bacon in a skillet over medium heat until crispy.

Wash your romaine lettuce leaves and tomato. Slice the tomato and cut away the thick stems from the lettuce leaves.

Cut two large pieces of deli paper. On top of each piece of deli paper, lay half of the lettuce, overlapping to form the leaves into a similar size and shape of a large tortilla.

Top each with turkey, cheese, a few tomato slices, bacon, and mayo. Sprinkle with salt and pepper.

Roll tightly in the deli paper, tucking the paper underneath. Cut in half with a sharp knife and enjoy!



bacon + eggs baked avocados

Prep: 5 min Cook: 12 min Total: 17 min
Serves 4

Ingredients:

2 ripe avocados
4 eggs
4 strips of naked bacon

Instructions:

Preheat the oven to 375F.

Optional: Par-cook the bacon in a skillet over medium heat for about 3 minutes, until just starting to render some of the fat. This makes it so your bacon will be extra crispy once fully cooked.

Slice each avocado in half lengthwise and remove the pit. Scoop out enough of the flesh with a spoon so that the bacon and a full egg will fit inside.

Cut or fold each slice of bacon in half and lay inside the avocado. If necessary, set toothpicks beside the bottom of the avocado halves to keep it steady. Crack an egg onto each one.

Cook on a baking sheet for 12 minutes or until the egg whites are cooked through but the yolks are still a little runny. Cook for 15 minutes for a hard cooked yolk.

Season to taste with salt and pepper and enjoy!



bacon "chips" + avocado-greek yogurt dip

Prep: 5 min Cook: 15 min Total: 20 min
Serves: 4

Ingredients:

1 package naked bacon, any flavor
1 ripe avocado
3 tbsp full fat greek yogurt
1 tsp sliced green onions
1/2 lime, juiced
salt and pepper to taste

Instructions:

Cook the bacon in a skillet over medium heat. To get extra crispy chips, cook the bacon a little longer than you normally prefer.

Once cooked, set the bacon on a paper towel lined plate and allow to cook slightly. Cut the strips of bacon in half.

Cut, peel, and remove the pit from the avocado. Spoon the avocado into a small bowl and smash it with a fork. Thinly slice the green onion.

Mix all the ingredients together until creamy. Season to taste. Optionally, you can garnish it with a little extra sliced onion. Serve immediately with the bacon "chips" and enjoy!



fiesta chicken & bacon cobb salad

Prep: 15 min Cook: 15 min Total: 30 min
Serves 2

Ingredients:

1 head romaine lettuce, chopped
1 package jalapeño naked bacon
1 cup cauliflower rice
1 cup cherry tomatoes
2 boneless skinless chicken breasts
1 tbsp. taco seasoning
2 tbsp. olive oil
sugar free pickled onions
1 avocado

Instructions:

Wash and chop the lettuce. Use a food processor or blender to make the cauliflower rice. Wash and slice the tomatoes in half.



In a large skillet over medium heat, cook the bacon until crispy. Set it aside on a paper towel lined plate until you're ready to serve.

Pat the chicken breasts with a paper towel. Sprinkle with the taco seasoning. Heat the oil in a large skillet over medium heat. Add the chicken breasts to the pan and cook for about 5-7 minutes per side or until cooked through. Set the chicken on a plate and allow it to cool. Dice into bite sized pieces.

Add the lettuce, tomatoes, pickled onions, chicken, Jalapeno Naked Bacon, and then slice the avocado and add to the salad. Serve with your favorite salad dressing.

zucchini, bacon *+ egg cups*

Prep: 10 min Cook: 20 min Total: 30 min
Serves: 2

Ingredients:

1-2 medium zucchini
4 slices chipotle naked bacon
4 eggs
2 tbsp olive or avocado oil

Instructions:

Preheat the oven to 350F.

Spiralize the zucchini on the thinnest setting.

Spray or rub the inside of four muffin tins lightly with oil. Arrange the zucchini inside the tins, pressing down. Bake for 10 minutes.

Crack an egg into each and season lightly with salt and pepper. Bake for another 10 minutes.

Meanwhile, cook the bacon to desired crispiness. Dice into tiny pieces.

Remove the egg nests from the tins, sprinkle with bacon, and enjoy!



dairy free zuppa toscana

Prep: 15 min Cook: 30 min Total: 45 min
Serves: 6

Ingredients:

6 slices original naked bacon
1 lb. mild italian sausage
4 cups chicken stock
6 baby potatoes, sliced
1 onion, diced
2 cloves garlic, minced
2 cups kale, roughly chopped
1/2 cup unsweetened almond milk
1 tsp fresh thyme
salt and pepper, to taste



Instructions:

Chop the bacon into bite-sized pieces. In the bottom of a large stock pot, cook the bacon over medium heat, stirring, until crispy.

Remove it with a slotted spoon and set it aside. Add the sausage to the same pot and brown, breaking it apart as it cooks.

Add the onion and garlic and sauté together, stirring, for about 3-4 minutes. Stir in the chicken stock and baby potatoes. Bring to a boil, then reduce and simmer together until the potatoes are cooked through.

Stir in the kale and almond milk and simmer together until the kale is softened.

Season with thyme and salt and pepper. Serve in bowls, and sprinkle with the chopped Naked Bacon. Enjoy!

bacon + brussels sprouts salad

Prep: 20 min Cook: 15 min Total: 35 min
Serves: 4

Salad Ingredients:

1 package no sugar naked bacon
16 oz. brussels sprouts
1/2 cup dried cranberries
1 cup pecans
1/4 red onion

Maple Mustard Salad Dressing

1/2 cup olive or avocado oil
1/8 cup maple syrup
1/8 cup apple cider vinegar
2 tbsp dijon mustard
salt and pepper to taste



In a large skillet, fry the bacon until crispy. Set it aside on a paper towel. Don't dump the rendered bacon fat! It's full of flavor! While the bacon cooks, use a mandolin or sharp knife to thinly shred or slice the brussels sprouts.

Add the brussels sprouts to the pan of rendered fat and saute over medium heat for about 5 minutes, stirring occasionally.

Thinly slice the red onion and chop the pecans, then stir them into the brussels sprouts. Remove from heat and toss with salad dressing. Season to taste with salt and pepper and enjoy!

Make the salad dressing: Whisk all ingredients together. Pour about half over the brussels sprouts salad and toss together. Add more if desired.

skillet green beans + bacon

Prep: 5 min Cook: 15 min Total: 20 min
Serves: 4-6

Ingredients:

4 cups green beans
5-6 slices original naked bacon
1/2 cup chopped pecans

Instructions:

First, wash the green beans. Add them to a medium skillet with about 1/2 cup of water.

Cover and set to medium heat. Allow it to steam for about 3-4 minutes.

Once the beans are a bright green, drain the water and set the green beans aside.

In the same skillet, cook your Naked Bacon until it's crispy. Transfer the bacon to a cutting board and chop it into bite sized pieces.

Without cleaning the skillet, add the green beans back in. Sauté over medium heat, stirring occasionally.

When the green beans are tender, sprinkle with the bacon and pecans and serve!



loaded hasselback potatoes

Prep: 15 min Cook: 50-60 min Total: 65-75 min
Serves: 4-6

Ingredients:

1 package chipotle naked bacon
4-6 medium russet potatoes
2-3 Tbsp. olive oil
salt and pepper to taste
1/4 cup sliced chives

Instructions:

Preheat oven to 425. Place one potato between the handles of 2 wooden spoons or 2 chopsticks.

Slice the potato into thin slices until your knife hits the chopsticks, leaving about 1/4 inch at the bottom unsliced. If you accidentally slice through, that's fine! Repeat with the other potatoes.

Lay the potatoes on a baking sheet and drizzle with olive oil or melted butter, making sure to get in between all the slices. Sprinkle with salt and pepper and bake until soft and crispy at the edges, 50 to 60 minutes.

While the potatoes cook, cook the bacon until crispy and well done. Allow to cool, then chop the bacon into bite sized pieces. Slice the chives. Set aside.

Remove from the oven and allow to cool slightly. Top with chopped crumbled bacon, sour cream, and chives.

