AVOCADO TOAST

INGREDIENTS

- 1/2 avocado
- 1 slice whole wheat bread
- 3 slices tomato
- salt
- pepper

PROCEDURE

01 Toast one piece of whole wheat bread in a toaster.

02 Carefully cut 1/2 of an avocado and mash it on the toast.

03 Chop the tomato into desired size and place on top of avocado.

04 Sprinkle salt and pepper on top to taste!

Nutrition Facts

Calories.....200
Carbohydrates.....18 g
Protein.....5g
Total Fat.....14 g
Saturated Fat.....2 g
Trans Fat.....0 g
Cholesterol.....0 mg
Fiber.....7 g
Total Sugar.....1 g
Sodium.....115 mg
Calcium.....50 mg
Folate.....87 mcg
Iron.....1 mg

Maricopa County Department of Public Health

AZ HEALTH ZONE

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through the AZ Health Zone. This institution is an equal opportunity provider.