

SUMMER AVOCADO TOAST

Higher Fiber, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 1

Nutrition (per serving)

Calories: 181

Total Fat: 8 g

Saturated Fat: 1 g

Sodium: 138 mg

Total Carbohydrate: 24 g

Dietary Fiber: 5 g

Total Sugars: 3 g

Protein: 5 g

Ingredients

- 1 slice whole wheat bread, toasted
- 1/4 avocado, seeded, peeled and mashed or sliced
- 2 cherry tomatoes, sliced
- *Optional: Pinch ground black pepper*
- *Optional: Pinch teaspoon garlic salt*

Directions

1. Spread mashed avocado onto toast.
2. Top with tomato slices.
3. Sprinkle with garlic salt and pepper if desired.



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