

# CAPRESE AVOCADO TOAST

Tomatoes, mozzarella, and basil—the building blocks of caprese salad—lend a creative twist to a standard avocado toast recipe.

Prep Time: 10 mins | Total Time: 10 mins



## INGREDIENTS

- 2 slices 100% whole-wheat bread
- 1 avocado
- 1 tablespoon lemon juice
- ¼ teaspoon ground pepper
- 2 slices fresh mozzarella cheese, sliced
- 4 slices tomato
- 4 leaves basil, torn
- 2 teaspoons balsamic vinegar

## NUTRITION FACTS

Per serving: Serving Size 1 piece 322 calories;  
total carbohydrate 25g; dietary fiber 9g; total sugars 5g; protein 11g;  
total fat 21g; saturated fat 5g; cholesterol 20mg; vitamin a 967iu;  
vitamin c 22mg; folate 106mcg; sodium 225mg; calcium 221mg;  
iron 2mg; magnesium 59mg; potassium 735mg

## DIRECTIONS

### STEP 1

Toast bread until lightly browned, 2 to 3 minutes.

### STEP 2

Mash avocado in a small bowl. Stir in lemon juice and pepper. Spread the avocado mixture on the toast. Top with mozzarella, tomato, and basil.

Drizzle with vinegar.

## NUTRITION PROFILE

Bone-Health | Healthy Aging  
Low-Sodium High-Fiber Low-Calorie



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