

# ITALIAN CAPRESE AVOCADO TOAST

Recipe of the Month | FEBRUARY

## Ingredients

- 1 avocado, halved and pitted
- 1/4 cup basil, finely sliced, plus more garnish if desired
- 1/8 teaspoon ground black pepper
- 4 slices whole-grain or whole wheat bread, toasted
- 1 pint cherry tomatoes, halved
- 1/4 cup fat-free, shredded mozzarella
- 2 teaspoons balsamic vinegar

## Directions

Place avocado into a medium bowl. Add basil and pepper. Mash together with a fork. Spread a layer onto each toast, place one of each plate. Put tomatoes cut-side-down onto the avocado toast. There may not be space for all the tomatoes, depending on how large the bread is. Divide shredded mozzarella between each toast and drizzle with balsamic vinegar. Garnish with a few basil leaves, if desired. If you prefer the cheese melted, placed under the broiler for 1-2 minutes. Makes 4 servings.



## WAC Fun Food Fact

It's Heart Health Month, and nothing says heart health better than whole grain toast spread with the healthy fats of an avocado instead of butter!



[www.thewac.com/recipes](http://www.thewac.com/recipes)

Approximate Nutrient Analysis per serving:

200 calories, 7 g fat, 1 g saturated fat, 0 mg cholesterol,

250 mg sodium, 25 g carbohydrate, 6 g fiber, 5 g sugar, 9 g protein