CAPRESE AVOCADO TOAST

INGREDIENTS:

1 SLICE	WHOLE GRAIN BREAD, TOASTED
¼ (35G)	AVOCADO, MEDIUM, SLICED
1 TEASPOON	LEMON, JUICE
1/16 TEASPOON	BLACK PEPPER
1/16 TEASPOON	KOSHER SALT
1 TABLESPOON	BASIL
1 OUNCE	MOZZARELLA, FRESH, DICED
¼ CUP	CHERRY TOMATOES, QUARTERED
1 TEASPOON	BALSAMIC GLAZE

METHOD:

- Preheat oven to 375°F. Roast the cherry tomatoes until soft, about 5 minutes, and set aside
- In a mixing bowl combine; tomatoes, lemon juice, black pepper, salt, basil, and mozzarella cheese
- Place sliced avocado on toast then ¼ cup of mixture
- Finish with drizzling balsamic glaze over the top

Servings: 1
Serving Size: 1 composed
Calories: 230
Fat: 13 gm **Sodium:** 240 mg **Carbohydrates:** 21 gm **Protein:** 10 gm **Fiber:** 4 gm