



*Simple,  
Seasonal,  
Sustainable*

## Recipe of the Week

### ***Italian Caprese Avocado Toast***

#### **Ingredients:**

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

#### **Directions:**

1. Halve each cherry tomato and finely slice the basil leaves.
2. Toast each piece of bread.
3. Slice the avocado in half and remove the pit. Use a spoon to remove the avocado's flesh from the skin and place it into a bowl. Add the chopped basil and pepper. Mash together with a fork.
4. Divide avocado mixture between each toast piece, spreading a layer onto each one. Place each toast onto a plate.
5. Add tomatoes onto the avocado cut-side-down. 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. Serve.

Serves 4

*190 calories, 9 g fat, 1 g saturated fat,  
22 g carbohydrate, 7 g fiber, 8 g protein,  
180 mg sodium*

*Source: American Heart Association*

