



#EATBETTER

SOUTHWEST AVOCADO TOAST

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TIPS

An avocado is ripe and ready to eat when you gently squeeze it and feel it yield to pressure.

Canned veggies are great but full of salt. Drain and rinse black beans and other canned veggies before using.



Want to see the finished product?
Scan the code to see how it's done.



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SOUTHWEST AVOCADO TOAST

SERVES 4



INGREDIENTS

4 slices whole-wheat bread, toasted
1 avocado
½ cup black beans
½ cup corn
½ cup cherry tomatoes, halved
2 tablespoons red onion, diced
Salt and pepper, to taste
Lime juice, to taste

DIRECTIONS

1. Cut avocado in half, remove pit, and scoop out inside.
2. Spread avocado on each slice of bread.
3. In bowl, mix beans and corn (drained and rinsed if using canned ingredients), tomatoes, and onion.
4. Add mixture onto each slice of bread.
5. Top with salt, pepper, and lime juice.

| Salad/Side Dish |