



November 3- Avocado Tomato Open Face Sandwich

Smart Snack

Link: <http://www.fortheloveofcooking.net/2012/08/sauteed-tomato-avocado-and-parmesan-open-faced-sandwich.html>

Recipe

Ingredients:

- 1 avocado, thinly sliced
- 4 slices of French bread
- 1-2 tsp olive oil
- 1 ½ cups of grape tomatoes
- Sea salt and freshly cracked pepper, to taste
- ¼ cup Parmesan cheese

Directions:

1. Preheat the oven to broil. Place the sliced bread onto the oven rack and cook until golden brown, making sure to watch carefully so it doesn't burn.
2. Heat a skillet over medium heat and drizzle with olive oil. Add the tomatoes and season with sea salt and freshly cracked pepper, to taste. Cook, stirring occasionally, for 5-7 minutes or until the tomatoes are softened and starting to burst. Remove from heat.
3. Layer the toasted bread evenly with the avocado slices then spoon the tomatoes on top. Season with sea salt and freshly cracked pepper, to taste. Top with a sprinkling of Parmesan cheese. Serve immediately. Enjoy.

Yields 4 servings

Nutrition Facts	
Serving Size 1 slice (139.05g)	
Servings Per Container 4	
Amount Per Serving	
Calories 200	Calories from Fat 80
% Daily Value*	
Total Fat 8g	13%
Saturated Fat 2g	10%
<i>Trans Fat</i>	
Cholesterol <5mg	1%
Sodium 250mg	10%
Total Carbohydrate 24g	8%
Dietary Fiber 4g	15%
Sugars 3g	
Protein 7g	14%
Vitamin A 15%	Vitamin C 20%
Calcium 8%	Iron 8%
* Percent Daily Values are based on a 2,000 calorie diet.	