

Italian Caprese Avocado Toast

Nutrition Facts Calories: 188 Per Serving Protein: 8.0g Per Serving Fiber: 6.5g Per Serving

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.

Quick Tips

Cooking Tip: If you prefer a gooey, cheesy toast, place under the broiler for 1 to 2 minutes for the mozzarella to melt.

Keep it Healthy: Other ideas for a flavorful avocado toast include a Mexican-flavored topping of corn, lime and jalapeno or an Asian-inspired one of sliced cucumber and sesame seeds.

Tip: If the avocado is ripe but still a bit firm, peel and add avocado flesh into a blender or food processor to purée with the basil leaves.