

## Ingredients (makes 4 servings)

- 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

- Halve each cherry tomato and finely slice the basil leaves.
- Toast each piece of bread.
- 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.
- Divide avocado mixture between each toast piece, spreading a layer onto each one. Place each toast onto a plate.
- 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.

## Nutrition Facts Per Serving

Calories	188
Total Fat	8.7 g
Saturated Fat	1.3 g
Trans Fat	0.2 g
Polysaturated Fat	1.2 g
Monounsaturated Fat	5.4 g
Cholesterol	1.2 mg
Sodium	177 mg
Total Carbohydrate	22.3 g
Dietary Fiber	6.5 g
Sugars	5.6 g
Protein	8 g

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**Italian Caprese Avocado Toast**



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