

Italian Caprese Avocado Toast



Ingredients: (makes 4 servings)

- 1 pint cherry tomatoes (halved)
- ¼ cup basil (finely sliced) plus more to garnish if desired
- 4 slices whole-grain or whole-wheat bread
- 1 avocado, halved, pitted
- 1/8 tsp. ground black pepper
- ¼ cup fat-free shredded mozzarella
- 2 tsp. balsamic vinegar

Directions:

1. Toast each piece of bread.
2. 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.
3. Divide avocado mixture between each toast piece, spreading a layer onto each one. Place each toast onto a plate.
4. Add tomatoes onto the avocado cut-side-down. There may not be space for all the tomatoes, depending on how large the bread is.
5. Divide shredded mozzarella between each toast and drizzle with balsamic vinegar.
6. Garnish with a few basil leaves, if desired.
7. Serve and enjoy!

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.