

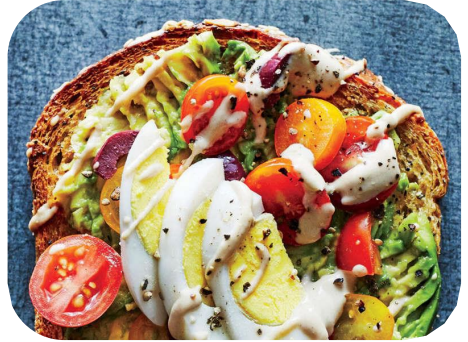


FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
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AVO-TAHINI TOAST

INGREDIENTS

- 1 teaspoon fresh lemon juice
- Dash of kosher salt
- 1/2 ripe peeled avocado
- 1 (1-oz.) slice whole-grain bread, toasted
- 3 grape tomatoes, quartered
- 2 pitted kalamata olives, chopped
- 1 hard-cooked large egg, peeled and sliced
- 1 teaspoon tahini (sesame paste)



DIRECTIONS

1. Combine juice, salt, and avocado in a bowl, mashing with a fork. Spread avocado mixture evenly over toast; top with tomatoes, olives, and egg. Drizzle with tahini.

Nutrition: Calories 360, Fat 25g, Protein 13g, Carbohydrate 25g, Sodium 845 mg.