



Avocado Open-Faced Sandwich

Mashed avocado on artisan toast with tomatoes and arugula

Yield: 4

4 each	French Bread, 2 oz Slice
2 each	Avocados
1/2 tsp	Kosher Salt
8 each	Tomatoes, Fresh, 1/2" Each Slice
2 cups	Arugula Lettuce Leaf
1 Tbsp, 1 tsp	Lemon Juice, Fresh



Slice French bread into a 2 oz portion size and toast on a hot griddle or grill.

In a bowl, mash avocados and season with half the salt; spread onto toasted bread.

Top with sliced tomatoes. Toss arugula with lemon juice and remaining salt and place on top of sandwich.

Chef's Note: Try avocado in place of mayonnaise in sandwiches for a healthier alternative. For more great avocado recipes and info visit www.californiaavocado.com.

Calories (kcal)	Protein (g)	Carbohydrate (g)	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Sat Fat (g)	Dietary Fiber (g)
296.2	8.9	41.2	12.1	0	596.2	1.9	7.2