



## Italian Caprese Avocado Toast

**Yield: 4 Servings**

**Cost Per Serving: N/A**

**Cook Time: 1-2 minutes**

### 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. Divide shredded mozzarella between each toast and drizzle with balsamic vinegar. Garnish with a few basil leaves, if desired. Serve.
6. Cooking Tip: If you prefer a gooey, cheesy toast, place under the broiler for 1 to 2 minutes for the mozzarella to melt.
7. 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.