



Vegetarian Sandwich



Ingredients: Makes 4 servings.

- 20 Thin tomato slices
- 16 Thin cucumber slices
- 1/2 Large avocado
- 8 Thin red onion slices
- 8 Slices whole grain bread
- 1 Tbs. fresh lime juice
- 1 Garlic clove, pressed
- 1 Tsp. minced jalapeno chili
- 1 Cup minced cilantro.

Preparation:

Mash avocado, lime juice, garlic and jalapeno in small bowl season with salt and pepper. Divide guacamole among all bread slices, spreading evenly. Place 5 tomato-

slices on top of the guacamole on each of 4 slices of bread. Top each with 4 cucumber slices, 2 onion slices, then cilantro. Top with remaining 4 bread slices, pressing lightly. Cut sandwiches in half. (Can be prepared 3 hours ahead. Wrap in plastic; Chill.)

source: www.epicurious.com

Nutritional Information for 1 sandwich:

Calories 220, Fat 8 gm, Fiber 4, Cholesterol 0 mg.

Ask the Dietitian County of Los Angeles
www.lapublichelth.org/nutrition

Rev. 1/2010



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