



# simply healthy

from your Hannaford Dietitian

## Protein-Powered Avocado Toast



Serves: 4

### Ingredients:

1 medium, ripe Avocado from Mexico, peeled  
4 slices Hannaford Whole Grain 100% Whole Wheat Bread  
1/2 cup Cedar's® Original Hommus  
1 Tbsp. lime juice  
1 Tbsp. whole grain mustard  
2 tsp. McCormick® Basil Leaves  
McCormick® Coarse Ground Black Pepper, to taste  
4 oz. Cabot® Lite50 Sharp Cheddar Cheese, sliced  
1 medium tomato, sliced



### Directions:

1. Toast bread to desired doneness.
2. In a medium bowl, mash avocado with a fork.
3. Stir in hommus, lime juice, mustard, basil and pepper.
4. On top of each slice of toast, layer cheese, avocado mixture and sliced tomato.

### Nutritional Information

Amount per serving: Calories 318; Total Fat 17 g; Saturated Fat 4 g; Sodium 547 mg;  
Total Carbohydrate 29 g; Dietary Fiber 7 g; Protein 15 g; Sugar 5 g

### Dietitian's Tips:

To spice up the flavor profile, try different flavors of hommus. Top with an egg for an additional 7 grams of protein.

Source: Recipe adapted from [avocadosfrommexico.com](http://avocadosfrommexico.com)

## Interested in learning more?

Our registered dietitians offer free nutrition education in-store and online. They can give you the information you need to make the healthy lifestyle changes you want. For free nutritional advice, you can contact your Hannaford Dietitian or email a private message to our staff registered dietitian at [dietitian@hannaford.com](mailto:dietitian@hannaford.com).

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