

Mini Avocado Tea Sandwiches



Prep Time: 15 Min.

	Recipe serves	Prepared for
Yield	4	4

Ingredient	Amount	Unit of Measure
Fresh Haas avocados	2	Each
Whole grain bread	8	Slices
Fresh parsley	4	Tbsp.
Fresh hot Haas cucumber	1/2	Cup
Red onion	1/3	Cup
Fresh garlic	2	Cloves
Feta cheese	4	Oz.
Lemon	1	Each

Instructions

1. Prep the veggies ahead of time. Chop the cucumber into small pieces. Dice the red onion into small fine pieces. Chop the garlic and parsley.
2. Peel avocados and remove pits. Place avocado in small mixing bowl.
3. Add garlic, onion, and parsley and mix well. Add a splash of lemon to prevent browning.
4. On a cutting board, place the whole grain bread.
5. Spread avocado mixture onto each slice of bread.
6. Top with feta cheese, cucumber and another slice of bread.

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Shopping List

Ingredients	Have It	Quantity
Fresh Haas avocados	<input type="checkbox"/>	
Whole grain bread	<input type="checkbox"/>	
Fresh parsley	<input type="checkbox"/>	
Fresh hot Haas cucumber	<input type="checkbox"/>	
Red onion	<input type="checkbox"/>	
Fresh garlic	<input type="checkbox"/>	
Feta cheese	<input type="checkbox"/>	
Lemon	<input type="checkbox"/>	

