

SUMMER AVOCADO TOAST WITH GRILLED CORN

Yield: 6 Time: 25 min



Nutrition: 144 calories, 1 g fat, 3 g sugar, 21 g carbohydrates, 4 g fiber, 4 g protein, 0 mg sodium

INGREDIENTS:

- 1 cob corn
- 1 large avocado
- 1 tomato, sliced
- Chopped basil
- Chopped dill (optional)
- Black pepper
- Lime juice
- 6 slices toasted bread
- Salt

DIRECTIONS:

1. Remove the husk from the corn and place it on a grill over medium heat. Rotate the corn until all sides are grilled and corn is cooked through, about 15 minutes. Let corn cool and then carefully cut the kernels off.
2. Cut avocado in half, remove the pit, scoop out avocado, and place in a medium sized bowl and smash with a fork. Add a pinch of salt and a squeeze of lime juice and mix with a spoon
3. Assemble the toast: Spread the avocado onto the toast, top with a thin slice of tomato, small handful of grilled corn, chopped herbs, and sprinkle the top with salt and pepper.

Source: Zipongo