

# Eat Smart • Move More

## Radish and Avocado Toast

**Prep Time:** 10 minutes

**Total Time:** 10 minutes

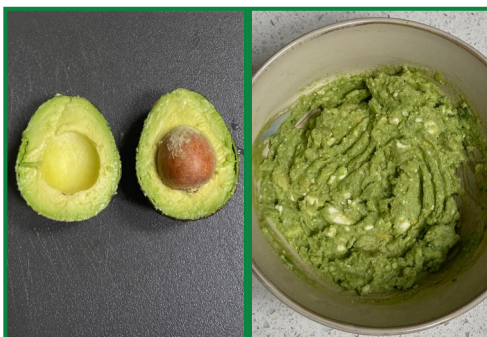


### Ingredients

- 1 avocado
- 2 ounces reduced fat feta cheese
- 4 whole grain bread slices, toasted
- ½ onion, thinly sliced
- 4 ounces snow peas, thinly sliced
- 10 radishes, thinly sliced



### Directions



1. Halve the avocado and scoop the flesh into a mixing bowl. Smash the avocado flesh and feta cheese into a creamy mixture.



2. Spread the mixture onto the slices of toast.
3. Top with onion, snow peas, and radishes.

### Quick Tips

- Add juice squeezed from 1 lime for added flavor.
- For a mild-sweet flavor, use a red onion.
- Florida avocados are generally larger in size than Hass avocados.
- Store the remaining portion of the onion in the refrigerator to use with other recipes, like our Asparagus Scramble.

### Nutrition Facts

4 servings per container		<b>1 serving</b>
<b>Serving size</b>		<b>(125.8g)</b>
<b>Amount per serving</b>		<b>Calories 180</b>
		<b>% Daily Value*</b>
<b>Total Fat</b>	9g	<b>12%</b>
Saturated Fat	2.5g	<b>13%</b>
Trans Fat	0g	
<b>Cholesterol</b>	10mg	<b>3%</b>
<b>Sodium</b>	270mg	<b>12%</b>
<b>Total Carbohydrate</b>	18g	<b>7%</b>
Dietary Fiber	6g	<b>21%</b>
Total Sugars	4g	
Includes g of Added Sugars		
<b>Protein</b>	8g	
Vitamin D	0mcg	<b>0%</b>
Calcium	79mg	<b>6%</b>
Iron	1mg	<b>8%</b>
Potassium	330mg	<b>8%</b>

\*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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(Recipe adapted from: <https://www.blissfulbasil.com>)

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