

Avocado Stuffed Canapés

Serving Size: 2 Wedges

Serves: 8

Ingredients:

4 Tomatoes, fresh
2 Avocados, ripe, pureed
1 tablespoon onion, diced
2 tablespoons bell pepper, diced
2 tablespoons cilantro, finely chopped
1 tablespoon lemon juice
Lemon Wedges – optional

Directions:

1. Quarter tomatoes. Using scoop or spoon, remove seeds and inner membranes. Set aside.
2. Combine the avocado, onion, pepper, cilantro and lemon juice, mix thoroughly.
3. Using a pastry bag, pipe or spoon avocado mix onto the tomato wedges.
4. Garnish with lemon wedges.

Exchanges per serving:

1 nonstarchy vegetable
1 ½ fat

Nutrients per serving:

Calories: 93
Calories from fat: 12%
Total Fat: 8g
Cholesterol: 0 mg
Total Carbohydrate: 7gm
Dietary Fiber: 4gm
Sugar 2 gm
Protein: 2gm