

Avocado, Grilled Salmon on Toast

Makes 2 Servings

Calories 150 Per Serving

Ingredients 1/2 lemon juice

1 teaspoon extra virgin olive oil

Salt and pepper

6 grape tomatoes, cut into 4th

1 teaspoon lemon zest

1/2 avocado

2 slices whole grain wheat bread

Toasted 1 ounce grilled salmon (or eggs, grilled veggies)

1. Mash avocado and lemon zest
2. Add and mix in grape tomatoes
3. Spread half of the mixture on one slice of bread and top it with the grilled salmon
3. Serve and enjoy