

Avocado Toast with Lemon and Kale

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8 Smart Points 298 calories

Total Time: 15 minutes

Ingredients:

- 1 cup shredded kale (no stems)
- 1/2 lemon
- 1 teaspoon olive oil
- 4 slices multigrain bread, 4 oz total
- kosher salt and black pepper
- 4 ounces avocado (1 small haas)
- 1/8 teaspoon cumin
- 4 thin slices radish
- 1 teaspoon chia seeds



Directions:

1. In a bowl combine the kale, olive oil, juice of 1/4 lemon and 1/8 teaspoon salt.
2. Massage with your hands for about 1 minute, until the kale softens.
3. Slice the avocado in half, reserving 1/2 of one avocado for thin slices. Scoop the rest into a small bowl and mash gently with a fork. Season with 1/8 tsp kosher salt, black pepper and juice from 1/4 of a lemon.
4. Toast the slices of whole wheat bread.
5. Spread the avocado mash across the toasted bread, top with slices and sprinkle with cumin, salt and pepper (more lemon juice if desired).
6. Top each with the massaged kale, radish and chia, finish with pinch salt and black pepper to taste.

Nutrition Information

Yield: 2 servings, Serving Size: 2 toasts

- **Amount Per Serving:**
- Smart Points: 8
- Points +: 8
- Calories: 298
- Total Fat: 14g
- Saturated Fat: 2g
- Cholesterol: 0mg
- Sodium: 241mg
- Carbohydrates: 36g
- Fiber: 10g
- Sugar: 5g Protein 11

