

Green Sandwich

Looking to change up your school lunch? Try making this green sandwich! You can vary the ingredients, of course, according to what you like and have on hand. And you can make it even greener by using a spinach wrap instead of bread!

Makes: 1 serving

Prep Time: 10 minutes

Source: ChopChopFamily.org, Green Sandwich

Ingredients

- 2 slices whole-wheat or multigrain bread, toasted
- 1/4 ripe avocado, pit removed
- salt
- black pepper
- 4 thin cucumber slices
- 2 thin tomato slices
- 1 large lettuce leaf
- 1 slice cheese (any kind)

Directions

1. Use the spoon to scoop the avocado out of the peel. Put the scooped avocado flesh on one piece of toast and use the fork to mash it gently and spread it so it covers the toast.
2. Sprinkle the avocado with a tiny bit of salt and pepper.
3. Arrange the cucumber slices over the avocado, then add the tomato slices, lettuce leaf, and cheese.
4. Top with the other slice of toast and gently press down to help the sandwich hold together. Cut the sandwich in half and serve right away.



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1 sandwich

Nutrients	Amount
Calories:	291
Total Fat:	11 g
Saturated Fat:	3 g
Cholesterol:	6 mg
Sodium:	472 mg
Total Carbohydrates:	35 g
Dietary Fiber:	10 g
Total Sugars:	8 g
Protein	17 g

Utensils Needed

- Cutting board
- Sharp knife
- Toaster or oven
- Small spoon
- Fork

SHOPPING LIST







Average total cost without oil and seasonings: \$6.87

Average cost/serving: \$6.87

Recipe makes: 1 Serving (with remaining ingredients for additional servings)

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location. Optional items can be added.

Ingredients

<input type="checkbox"/>		Add 1 to Cart Whole Wheat Bread	<input type="checkbox"/>		Add 1 to Cart Tomato
<input type="checkbox"/>		Add 1 to Cart Avocado	<input type="checkbox"/>		Add 1 to Cart Lettuce
<input type="checkbox"/>		Add 1 to Cart Cucumber	<input type="checkbox"/>		Add 1 to Cart Sliced Cheese (12 count)

SAVE TIME, SAVE MONEY

My Cooking Notes

Preparation Tips

- Swap in a spoonful of hummus, a sliced hard-cooked egg, or a piece of turkey for the cheese.

Storage Tips

- If you aren't making another sandwich at the time, store the remainder of the avocado by using one of these methods:
 - Remove the pit. Coat the flesh of the half with fresh lemon juice. Wrap the avocado half in plastic wrap and place in the fridge.
 - Or, fill a glass or plastic container near full with water. With the flesh-side down, place the avocado half in the container, cover, and place in the fridge.