




Smashed avocado with feta on sourdough




Need a quick snack or breakfast? Avocado and tomato on grainy toast is not only fast to prepare, but it also contributes to your five a day!

 Serves: 4 people

 Prep times: 15 mins

 Cook times: 0 mins

 Difficulty: Easy

Ingredients

- 1 avocado, chopped
- 100g reduced fat feta cheese
- 1 tablespoon extra virgin olive oil
- ½ lemon, juiced
- Cracked pepper
- ¼ teaspoon paprika
- 1 x tomato, sliced
- ½ cup basil, roughly chopped, 1 tbsp thinly sliced to serve
- 4 slices of wholegrain sourdough bread

Method

1. In a bowl, smash the chopped avocado (so it's still chunky).
2. Add the olive oil, feta cheese, lemon juice, pepper, paprika and mix well.
3. Add the basil and mix though lightly.
4. Toast the bread and spread ¼ of the avocado smash on top and place the tomato slices evenly across the bread.
5. Sprinkle with a chopped basil and cracked pepper.

Notes

- One of the key compounds in tomatoes is lycopene, which is an antioxidant. Cooking tomatoes, especially in oil, releases the lycopene making it more available to the body and has been shown to help prevent some cancers.
- Tomatoes that are ripened on the vine have more vitamin C than those that are picked green.
- Fresh herbs can be added when serving to increase the flavour without adding sodium.
- Avocados are high in fat but contain the healthier 'good' fat known as monounsaturated fat. They are rich in niacin, vitamin E and potassium.
- Avocados do not contain any cholesterol.