

Smashed Bean and Avocado Sandwich

Yield: 4 servings

Ingredients

- 8 slices of whole grain bread
- 1 cup canned cannellini beans, drained and rinsed
- 1½ teaspoons lemon juice
- ¼ teaspoon minced garlic
- ¼ teaspoon kosher salt
- ⅛ teaspoon ground black pepper
- ¼ cup thinly sliced red onion
- 8 slices of large tomatoes
- 2 cups baby spinach or arugula
- 1 avocado, sliced

Instructions

1. Put bread slices in a toaster and toast until your desired browning.
2. Place beans in a small sized bowl. Add lemon juice, garlic, salt and black pepper. Mash beans with a potato masher or fork.
3. Place four pieces of toast on a work surface. Divide the mashed beans among them. Top with the onion, tomato, spinach, avocado and remaining toast.
4. Slice each sandwich in half, if desired.



Presented by
Culinary Medicine

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Nutrition Information **Serving Size: 1 sandwich**

Calories: 290 | Total Fat: 6.4 g | Saturated Fat: 0.7 g | Monounsaturated Fat: 3.3 g | Sodium: 295 mg
Total Carbohydrate: 45 g | Dietary Fiber: 12 g | Sugars: 12 g | Protein: 11.7 g

Source: Adapted from Real Simple