



UNIVERSITY OF DELAWARE
**COOPERATIVE
EXTENSION**

ALT Sandwich (Avocado, lettuce, and tomato)

Servings

4 servings

Ingredients

- 8 slices whole grain bread
- 4 large leaves of lettuce
- 1 large tomato (thinly sliced)
- 1 avocado (peeled and sliced)
- 1 medium cucumber (thinly sliced)

Directions

1. Layer four slices with one lettuce leaf, tomato slices, and cucumber
2. With a fork, mash the avocado on the remaining bread slices
3. Combine the two bread slices
4. Cut in half and serve

Nutrient content per serving

- Calories- 307cals
- Carbs- 47g
- Protein- 12g
- Fat- 9g
- Sodium- 220mg
- Fiber- 11g



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