



Mexi-Corn Avocado Toast



Entire recipe: 172 calories, 8.5g total fat (2g sat. fat), 451mg sodium, 19g carbs, 6g fiber, 2.5g sugars, 7.5g protein

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Prep: 5 minutes **Cook:** 10 minutes



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Ingredients

3 tbsp. frozen sweet corn kernels
Dash ground cumin
Dash chili powder
1 slice light bread
1 1/2 oz. (about 3 tbsp.) mashed avocado
2 tbsp. crumbled reduced-fat feta cheese
Dash each salt and black pepper
2 tsp. chopped fresh cilantro

Directions

Bring a skillet sprayed with nonstick spray to medium-high heat. Add corn, and sprinkle with cumin and chili powder. Cook and stir until blackened, about 4 minutes.

Toast bread.

Meanwhile, in a small bowl, stir 1 tbsp. feta cheese into avocado.

Spread avocado mixture over toast, and sprinkle with salt and pepper.

Top with corn, remaining 1 tbsp. feta cheese, and cilantro.

MAKES 1 SERVING

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