



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

Green Plan [SmartPoints](#)® value 5*

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



Tagged: [Breakfast Recipes](#), [Vegetarian Recipes](#), [Single Serving](#), [30 Minutes or Less](#)

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

SmartPoints® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints**® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The **SmartPoints**® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints**® trademark.