



Avocado Bruschetta



Ingredients



Adapted from *Taste of Home*

- 1/2 cup olive oil
- 1/4 cup lemon juice
- 1/4 cup red wine vinegar
- 3 garlic cloves, minced
- 1 1/2 tsp. salt
- 1 tsp. crushed red pepper flakes
- 1 tsp. dried oregano
- 1/2 tsp. pepper
- 1/2 cup chopped fresh cilantro
- 1/2 cup chopped fresh parsley
- 1/4 cup chopped fresh basil
- 4 medium ripe avocados, peeled and cubed
- 24 slices French bread baguette (1/2 inch thick)



Directions



Yield: 24 bruschetta **Serving size:** 3 bruschetta

Total cost: \$8.85 **Serving cost:** \$1.11

1. Preheat broiler.
2. Whisk together first 8 ingredients; stir in herbs. Fold in avocados.
3. Place bread on an ungreased baking sheet. Broil 3-4 in. from heat until golden brown, 1-2 minutes per side.
4. Top bread slices with avocado mixture and serve.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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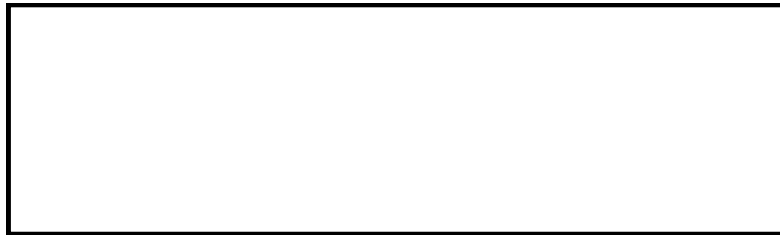
Fast Facts



Featured Food Groups



Cooking Tips



Nutrition Facts	
8 servings per container	
Serving size	3 bruschetta
Amount Per Serving	
Calories	120
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1.2g	6%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 230mg	10%
Total Carbohydrate 9g	3%
Dietary Fiber 2g	7%
Total Sugars < 1g	
Includes 0g Added Sugars	0%
Protein 2g	4%
Vitamin D 0mcg	0%
Calcium 13mg	0%
Iron 0.9mg	4%
Potassium 141mg	4%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Second Harvest is an equal opportunity provider.



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