

Tom & Ava Sandwiches

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Servings: 4

8 slices whole wheat bread
1/2 cup cream cheese, softened
4 slices fresh avocado
4 slices tomato
4 slices red onion
1/4 cup alfalfa sprouts

Spread the cream cheese evenly over four slices of the whole wheat bread.

Top each slice with an avocado slice.

place one tomato and red onion slice on each bread slice.

Spread the alfalfa sprout evenly on the four sandwich halves.

Top each sandwich with a slice of the whole wheat bread.

Per Serving (excluding unknown items): 326 Calories; 13g Fat (34.2% calories from fat); 11g Protein; 46g Carbohydrate; 8g Dietary Fiber; 32mg Cholesterol; 397mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 3 1/2 Vegetable; 2 1/2 Fat.