Lunch, Latin American

Layered Avocado Halves with Beans and Salsa

Creamy avocado halves are filled in layers with mashed black beans, tangy yogurt, zesty salsa and a sprinkle of cheese, finished with a squeeze of lime.



Vegetarian | Nut free

10 min	160	12 g	2 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 1/3 cup black beans (drained and rinsed)
- [ ] 2 med avocado
- [ ] 4 tbsp plain nonfat Greek yogurt
- [ ] 4 tbsp salsa
- [ ] 4 tsp reduced-fat shredded cheddar or Mexican-style cheese
- [ ] 1/4 tsp salt
- [ ] 2 tsp fresh lime juice

Method

- [ ] **1** Tip the black beans into a small bowl and mash them with the back of a fork until they are almost smooth.
- [ ] **2** Halve the avocados and remove the pits.
- [ ] **3** Spoon 1 tablespoon of the mashed black beans into the center of each avocado half.
- [ ] **4** Top with 1 tablespoon of Plain Nonfat Greek yogurt, then 1 tablespoon of salsa, and sprinkle 1 teaspoon of the reduced-fat shredded cheddar or Mexican-style cheese over each one.
- [ ] **5** Scatter the salt evenly over all the avocados.
- [ ] **6** Squeeze the fresh lime juice over each avocado half just before serving.

Nutrition Facts

Per serving

Calories	**160**
Total fat	11 g
Saturated fat	1.5 g
Sodium	310 mg
Total carbs	12 g
Fiber	6 g
Total sugars	2 g
Protein	5 g

diabic.com/recipes

Scan to open this recipe and its shopping list