



Canadian Bacon, Tomato, Cheese & Avocado Toast

Total Time: 5 min

Prep: 5 min

Serves: 2

Difficulty: Easy

Ingredients

- 2 slices uncooked Canadian bacon
- 2 TBsp 50% reduced fat sharp cheddar cheese, shredded
- 1TBsp uncooked scallion, sliced
- 1 slice WW 100% whole wheat bread or rye bread, toasted
- 1tsp whole-grain mustard
- 1 small fresh tomato, sliced
- 1/4 avocado, diced
- 1 pinch table salt
- 1 pinch black pepper

Instructions

Cook bacon in a small nonstick skillet over medium heat, turning once, until browned, about 2 minutes. Sprinkle bacon with cheese and scallion; cover and cook over low heat until cheese melts, about a minute. Spread toast with mustard; top with tomato, cheese topped bacon and avocado. Season with salt and freshly ground black pepper.