

AVOCADO TOAST



50 STATES 50 PLATES

featuring

★ FRANKLIN BECKER ★

Paid spokesperson for Novo Nordisk.

INGREDIENTS

For the chickpeas:

- ★ 1 15-ounce can low-sodium chickpeas, rinsed and drained
- ★ 1 tablespoon avocado oil
- ★ ¼ teaspoon garlic powder
- ★ 1 teaspoon paprika
- ★ ½ teaspoon salt
- ★ ½ teaspoon black pepper

For the dressing:

- ★ 2 tablespoons smooth tahini
- ★ 2 tablespoons water
- ★ 1 tablespoon freshly squeezed lemon juice
- ★ ½ teaspoon lemon zest
- ★ 1 tablespoon avocado oil
- ★ ⅛ teaspoon salt
- ★ ½ teaspoon black pepper

For assembly:

- ★ 2 slices, whole grain or sprouted toast, toasted
- ★ 1 ripe avocado, thinly sliced
- ★ Salt and black pepper, to finish
- ★ Juice of half a lemon, to finish

DIRECTIONS

Preheat the oven to 375 degrees F, and line a baking sheet with parchment paper.

In a medium bowl toss the chickpeas in the avocado oil. Sprinkle in the garlic powder, paprika, salt and pepper; toss to coat the chickpeas.

Spread the chickpeas out on the baking sheet and bake until crispy, tossing occasionally, about 40 minutes.

While the chickpeas bake, make the tahini dressing. In a small bowl whisk together the tahini, water, lemon juice, avocado oil, salt, and pepper until smooth.

Place half of the thinly sliced avocado onto each slice of toasted whole grain bread. Top with 2 tablespoons of the crispy chickpeas and drizzle with 1 tablespoon of the tahini dressing. If desired, finish with a sprinkle of coarse salt, few cracks of black pepper, and a squeeze of fresh lemon juice. Reserve remaining dressing and chickpeas for future use.

Serving Size and Nutritional Information:

Serves 2 (Serving Size = 2 tablespoons chickpeas + 1 tablespoon dressing each = 161g)

270 Calories Per Serving, **19g** Total Fat,
27g Total Carbohydrates, **6g** Protein

Estimated nutrition information is provided as a courtesy. Data gathered via a registered nutritionist. We strive to make this information as accurate as possible; however, Novo Nordisk makes no warranties regarding its accuracy.



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