



Avocado and Grilled Veggie Torta

4 Servings

INGREDIENTS

- 1 tablespoon olive oil
- 2 cups sliced red or yellow bell pepper
- ½ cup sliced red onion
- 1 cup sliced zucchini
- ½ teaspoon ground black pepper
- 2 ripe, fresh avocados (seeded, peeled, diced, divided)
- 1 teaspoon hot pepper sauce
- 2 tablespoons crumbled cotija cheese
- 2 telera (Mexican-style soft sandwich rolls)

DIRECTIONS

1. Preheat grill to medium-high.
2. Drizzle oil over peppers, onions and zucchini; sprinkle with black pepper. Place vegetables on grill, turning occasionally, until cooked to desired doneness.
3. Mash half of the avocado with hot pepper sauce; spread over the bottom halves of rolls.
4. Layer grilled vegetables and cheese on bottom halves of rolls, dividing evenly. Top with remaining avocado.
5. Replace the bread top and press down firmly to compress ingredients.
6. Wrap tightly and refrigerate until ready to serve. Cut in half just before serving.

NUTRITION ANALYSIS (PER SERVING)

Calories	320
Total Fat	17 g
Saturated Fat.....	3 g
Trans Fat.....	0 g
Polyunsaturated Fat	2 g
Monounsaturated Fat	10 g
Cholesterol.....	5 mg
Sodium.....	290 mg
Carbohydrates.....	39 g
Fiber	8 g
Sugars	4 g
Protein.....	6 g

Dietary Exchanges: 2 starch, 2 vegetable, 3 fat

This recipe from Fresh Avocados - Love One Today® is an American Heart Association Heart-Check Certified Recipe.

