

Power Fueled Sandwich



Ingredients:

- 2 whole wheat bread slices
- 1/2 avocado, sliced
- 1 ounce low-fat cheese, sliced
- 1 ounce chicken breast, sliced or 2 tablespoons hummus
- salt and pepper to taste

Directions:

1. Lightly toast bread (optional).
2. Layer ingredients.
3. Refrigerate or serve immediately.

Makes 1 serving



Tarrant County Public Health
<http://health.tarrantcounty.com>