

Avocado and Turkey Sandwich

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This crisp summer sandwich is best eaten on a hot day with a glass of limeade! I love it with spicy broccoli sprouts but any sprouts will do.

Ingredients:

1 avocado, pitted, husk removed
2 slices wheat bread
2 tablespoons mayonnaise
4 slices deli turkey meat
2 thin slices of tomato
4 thin slices cucumber
one handful of sprouts

Directions:

1. Slice the avocado into thin slices, season with salt and pepper, set aside.
2. Slather mayonnaise onto both sides of the wheat bread.
3. Layer turkey evenly onto the bottom slice, followed by the tomato, cucumber, avocado, and then the sprouts.
4. Top with the last piece of bread and enjoy.

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