

SHRIMP WITH CREAMY AVOCADO ON THIN RYE

Serves 4

4 tablespoons nonfat plain Greek yogurt
2 teaspoons fresh lime juice
 $\frac{1}{8}$ teaspoon ground pink peppercorns
 $\frac{1}{4}$ avocado, chopped
8 large cooked shrimp (about 10 ounces),
preservative-free
2 tablespoons flat-leaf parsley, chopped
4 slices thinly sliced rye bread, toasted

Combine yogurt, lime juice, ground peppercorns, and avocado; evenly spread on bread. Top with shrimp and then parsley. Serve open-faced.

Practice serving and eating open-faced sandwiches more often. You may find that you only need one slice of bread to feel satisfied.

Avocado by itself is a satisfying spread. One-fifth of a medium avocado (or 1 ounce) contains 50 calories, 4.5 grams fat (mostly monounsaturated), 3 grams carbohydrate, 2 grams dietary fiber and nearly 20 vitamins and minerals, including vitamin E.

Use avocado instead of mayo on any sandwich. Try it sprinkled with ground Espelette pepper.

Per serving (121 grams): 154 calories, 2.9 grams fat, 280 milligrams sodium, 15.2 grams carbohydrates, 1.9 grams dietary fiber, 16.6 grams protein.

