

## ALT (Avocado, Lettuce, and Tomato) Sandwiches

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Per serving: 261 Calories • 29.5g Carbs (7g Fiber) • 9.2g Fat • 16.2g Protein

### Ingredients

*Ingredients scaled to: 4 serving*

- 4 slice (1 oz) **Swiss cheese** (112 grams)
- 12 slice **Cucumber** (84 grams)
- 1 fruit, without skin and seed **Avocados** (136 grams)
- 1 medium whole (2-3/5" dia) **Tomatoes** (123 grams)
- 4 leaf, large **Lettuce** (60 grams)
- 8 slice regular **Multi-grain bread** (192 grams)
- 2 tbsp **Kraft mayo fat free mayonnaise dressing** (32 grams)

### Directions

*Directions are based on the original recipe of 4 servings*

1. Slice tomato into 4 slices, slice avocado into 4 slices. Peel and cut cucumber into 12 slices.
2. Spread mayonnaise on the 8 slices of bread.

Layer 4 slices with 1 lettuce leaf, 1 slice tomato, 1 slice avocado, 3 slices cucumber, and 1 slice cheese; top with remaining bread slices. Cut sandwiches in half diagonally.