

California Melt

submitted by AmandaPaul



Per serving: 311 Calories • 21.2g Carbs (6.6g Fiber) • 20.1g Fat • 14.5g Protein

Ingredients

Ingredients scaled to: 4 serving

- 1 fruit **Avocados** (201 grams)
- 4 slice (1 oz) **Swiss cheese** (112 grams)
- 1 medium whole (2-3/5" dia) **Tomatoes** (123 grams)
- 1/3 cup, sliced **Almonds** (30.7 grams)
- 4 slice **Whole-wheat bread** (112 grams)
- 1 cup, pieces or slices **Mushrooms** (70 grams)

Directions

Directions are based on the original recipe of 4 servings

1. Toast almonds and bread. Slice avocado and tomato.
2. Preheat the oven broiler.
3. Lay the toasted bread out on a baking sheet. Top each slice of bread with 1/4 of the avocado, mushrooms, almonds, and tomato slices. Top each with a slice of Swiss cheese.
4. Broil the open-face sandwiches until the cheese melts and begins to bubble, about 2 minutes. Serve the sandwiches warm.