

# Avocado, Chorizo, Black Bean Texas Toast

Serving Size: 1 each

Makes: 4 servings

## Ingredients:

3 TBSP	Olive Oil
2 oz	Chorizo Sausage
¼ cup	Black Beans, rinsed
4 slices	Texas Toast
¾ ea	Avocado
2 tsp	Lemon Juice
1/8 tsp	Salt
2 tsp	Cilantro, chopped

## Preparation:

1. Heat ½ tsp oil in a sauté pan. Cook chorizo until lightly browned and heated through. Toss with black beans and keep warm.
2. Brush both sides of each bread slice with remaining olive oil and toast in a 400°F oven for 5 minutes or until golden brown.
3. Mash avocado in a bowl until mostly smooth. Stir in lemon juice, and salt.
4. Onto each toast, spread 2 TBSP of mashed avocados, top with 2 TBSP of chorizo/black bean mixture and 1/2 tsp of cilantro.

### NUTRITION FACTS PER SERVING

calories	280
total fat (g)	18
saturated fat (g)	2.5
trans fat (g)	0
sodium (mg)	350
total carbohydrate (g)	24
dietary fiber (g)	4
sugar (g)	3
protein (g)	6

RD TIP: look for “low sodium” or “no salt added” canned beans, to keep the sodium in check



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