

# Traditional Food Recipe

## Avocado Toast with Tepary Beans



INTER TRIBAL COUNCIL OF ARIZONA, INC.

### Ingredients:

- 2 slices **100% whole wheat bread**
- 1 medium to large **avocado** (divided in half, sliced or diced)
- 1 cup tepary beans

### Directions:

- Toast **100% whole wheat bread** (if desired).
- Place toast on a flat surface.
- Add 1/2 cup tepary beans to each slice.
- Add half of the **avocado** to each slice.
- Enjoy!



♥ Foods in **pink** can be purchased with WIC benefits

• Traditional foods are underlined

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## Nutritional Highlights

- Whole wheat grains help reduce the risk of diabetes and heart disease.
- The fiber in whole wheat bread helps regulate blood sugar and is excellent for the over all health of your digestive system.
- The combination of fiber, protein and healthy fat, makes this recipe a simple, quick meal packed with nutrients.

## Other preparation ideas:

- Add herbs or spices on top such as:
  - Dried or fresh basil,
  - Low salt seasoning combinations.
- Roll tepary beans and avocado in a whole wheat or corn tortilla.
- Add diced tomatoes, salsa, or hot sauce.