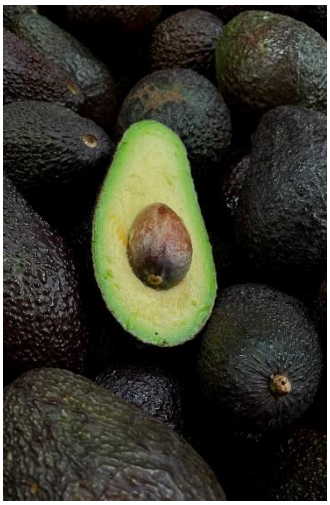

A is for Avocado

Adding Plant Based options to your Diet does not have to be complicated.

You do not have to be a good cook to make this *Very Simple Avocado Arugula Sandwich*! This is an easy lunch option to make instead of grabbing a burger on the run.

All the ingredients can be purchased in your local grocery store and If you are feeling adventurous you can also follow the links to some quick recipes for the hummus and the pickled onions.

(https://curtishealth.com/wp-content/uploads/At-Home-7-Vegan-Recipes.pdf)

(https://www.bonappetit.com/recipe/quick-pickled-onions).

Avocados are rich in many nutrients including folate and Vitamin E.
Avocados support cardiovascular health too!

Hummus (Chickpeas) is an extremely high source of plant-based protein. Hummus is a great substitute for mayonnaise and is rich in plant-based protein.

Arugula adds its unique nutty taste, but is also a super high nutrient source, especially Vitamin K.
Kale would be another option, but arugula has fewer carbohydrates and natural occurring sugars.

Ingredients:
Fresh Avocado (grilled optional)
Arugula
Hummus
Cucumber
Tomatoes
Pickled Onions
Your choice of bread/wrap - some options to consider - gluten free bun & corn tortilla wraps.

To Assemble:
Start with your wrap or bun (toast or grill optional)

- Spread the hummus
- Add a handful of arugula
- Add the pickled onions
- Slice the cucumbers and tomatoes
- Now add the avocado once you have pitted and sliced.

Enjoy! You will not be left feeling hungry after this lunch.
For additional Mayo Substitute recipes including an Avocado Mayo - click this link
https://www.healthline.com/nutrition/mayonnaise-substitute#7.-Avocado