

## Spiced Avocado Sandwich Spread

2 Hass avocados, halved, pitted and scooped out  
1 Tbsp. lime juice  
1 tsp. honey  
½ tsp. chipotle chili powder  
½ tsp. salt



In medium bowl, combine avocados, lime juice, honey, chipotle powder and salt. Gently mash with potato masher. Use ¼ cup per sandwich.

Makes 6, ¼-cup servings

Per serving: 80 calories, 7 g fat, 5 g carbohydrates (3.1 g fiber), 1 g protein, 198 mg sodium

### Sandwich ideas

This spiced spread is great in all sorts of sandwiches. Try it with one of these combinations:

- Roast turkey and beefsteak tomato on whole-grain bread
- Smoked ham and roasted yellow bell pepper on pumpernickel
- Pulled pork and dill pickle on an onion roll
- Grilled eggplant and arugula on seeded rye toast
- A shrimp and black bean burrito made with a spinach-flavored sandwich wrap