

Recipe Card



Smoked Salmon, Avocado and Cucumber Bites

Recipe by Downshiftology

Yield 12 bites

Prep time: 10 minutes

Total time: 10 minutes

Ingredients:

1 medium cucumber
1 large avocado, peeled and pit removed
1/2 tbsp. lime juice
6 ounces smoked salmon
chives, for garnish
black pepper, for garnish

Directions:

1. Slice the cucumber approximately 1/4-inch thick and lay flat on a serving plate.
2. Add the avocado and lime juice to a bowl and use a fork to mash until creamy.
3. Assemble the bites by spreading a small amount of avocado on each cucumber, then topping with a thin slice of smoked salmon.
4. Garnish each bite with finely chopped chives and cracked black pepper. Serve immediately.

Nutrition information: Serving size: 3 bites

Amount per Serving: Calories: 216.2; Total Fat: 10.2g; Saturated Fat: 1.9g; Cholesterol: 65.9mg; Sodium: 26mg; Carbohydrates: 6.1g; Fiber: 3.2g; Sugar: 1.5g; Protein: 27g

<http://www.healthiestbest.com/quick-and-healthy-meals>