



## Avocado Boats

**Prep Time:** 5 minutes

**Cook Time:** 0 minutes

**Total Time:** 5 minutes

**Servings:** 4

**Serving Size:** 1 boat (from ½ an avocado)

### Ingredients:

2 ripe avocados  
2 tablespoons soy sauce or tamari  
1 tablespoon sesame oil  
1 tablespoon of sesame seeds

Optional: chopped cilantro

### Directions:

1. Cut the avocados in half and remove the pit.
2. Using a sharp knife, slice the avocados lengthwise into ¼ inch strips, still in the skin.
3. Using a large spoon, carefully scoop out the strips and place them gently onto a small plate.
4. Drizzle the sesame oil and soy sauce evenly over each avocado half, then sprinkle with the sesame seeds and cilantro if you want.

### Tips and Tricks:

This is a super fast side dish that is sure to impress and to hit the spot with any Asian themed meal.

### Nutritional Information Per Serving:

**Calories:** 229.6  
**Fat:** 19.8 g  
**Cholesterol:** 0 mg  
**Sodium:** 454.2 mg  
**Total Carbohydrate:** 13.0 g  
**Dietary Fiber:** 8.8 g  
**Sugars:** 3.8 g  
**Protein:** 4.3 g