



Avocado and Grilled Veggie Torta

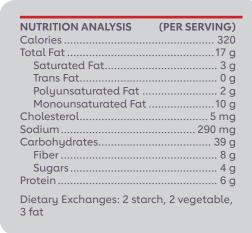
4 Servings

INGREDIENTS

- 1 tablespoon olive oil
- 2 cups sliced red or yellow bell pepper
- ½ cup sliced red onion
- 1 cup sliced zucchini
- ½ teaspoon ground black pepper
- 2 ripe, fresh avocados (seeded, peeled, diced, divided)
- 1 teaspoon hot pepper sauce
- 2 tablespoons crumbled cotija cheese
- 2 telera (Mexican-style soft sandwich rolls)

DIRECTIONS

- 1. Preheat grill to medium-high.
- 2. Drizzle oil over peppers, onions and zucchini; sprinkle with black pepper. Place vegetables on grill, turning occasionally, until cooked to desired doneness.
- 3. Mash half of the avocado with hot pepper sauce; spread over the bottom halves of rolls.
- 4. Layer grilled vegetables and cheese on bottom halves of rolls, dividing evenly. Top with remaining avocado.
- 5. Replace the bread top and press down firmly to compress ingredients.
- 6. Wrap tightly and refrigerate until ready to serve. Cut in half just before serving.



This recipe from Fresh Avocados - Love One Today® is an American Heart Association Heart-Check Certified Recipe.

