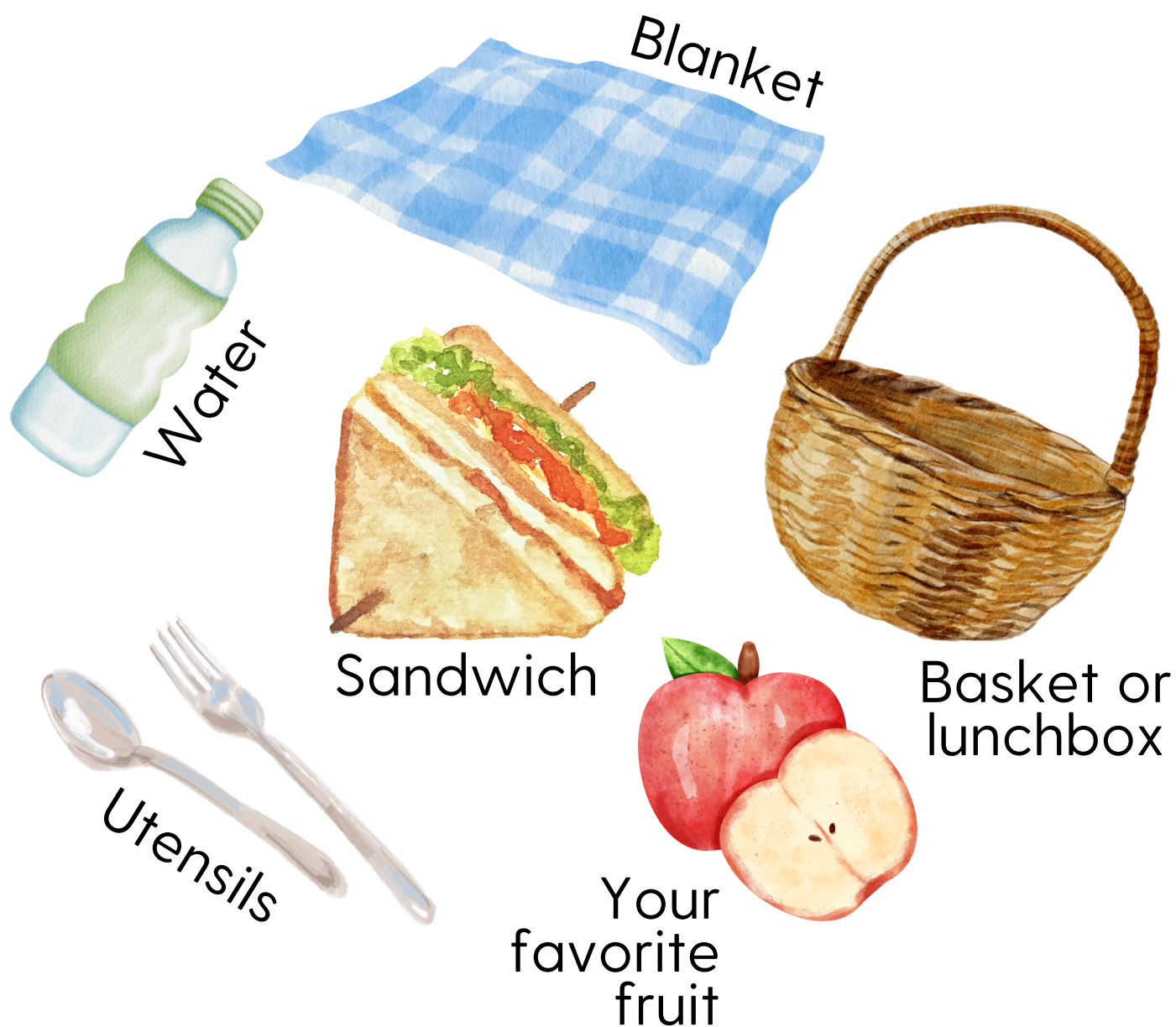


APRIL 23 IS NATIONAL PICNIC DAY

What to Pack for a Picnic



SWIPE FOR A PERFECT PICNIC SANDWICH RECIPE 

Green Sandwich

Ingredients

- 2 slices toasted whole-wheat or multigrain bread
- ¼ ripe avocado with pit removed
- salt
- black pepper
- 4 thin cucumber slices
- 2 thin tomato slices
- 1 large lettuce leaf
- 1 slice any kind of cheese

How to Make

1. Use a spoon to scoop the avocado out of the peel. Put the scooped avocado on one piece of toast and use a fork to mash it gently and spread it so it covers the toast.
2. Sprinkle the avocado with a tiny bit of salt and pepper.
3. Arrange the cucumber slices over the avocado, then add the tomato slices, lettuce leaf, and cheese.
4. Top with the other slice of toast and gently press down to help the sandwich hold together. Cut the sandwich in half and serve right away.



Tip: Swap a spoonful of hummus, a sliced hard-cooked egg, or a piece of turkey instead of the cheese.