

Time-Out TRISCUIT Tabbouleh Topper

Triscuit



Prep Time: 10 min Total Time: 10 min
Makes 6 servings, 4 topped crackers each.

WHAT YOU NEED

24 TRISCUIT Crackers
1/2 small avocado, cut lengthwise into 12 slices, then crosswise in half
1/2 cup tabbouleh
6 grape tomatoes, each cut into 4 slices
2 Tbsp. Greek-style yogurt
24 small fresh mint leaves

MAKE IT

Top crackers with remaining ingredients.

TIPS

Food Facts

Tabbouleh is a Middle Eastern parsley and bulgur wheat salad. Look for it in the deli or salad bar section of your local supermarket.

Note

Toss the avocado slices with lemon juice to prevent them from turning brown. Blot excess lemon juice from the avocado slices before using as directed.

Nutrition Notes

Made with whole grain crackers, these low-sodium appetizers team up with the whole grain bulgur in the tabbouleh to make these fun treats a smart snacking choice.

Nutrition Information Per Serving: 110 calories, 4g total fat, 0.5g saturated fat, 0mg cholesterol, 130mg sodium, 17g carbohydrate, 3g dietary fiber, 1g sugars, 3g protein