

Avocado Toast

Serves 2:

Ingredients

2 thick slices of crusty country bread
2 avocados, chopped
lemon juice
2 sliced radishes
mustard micro greens or sprouts
smoked or flaked sea salt

Preparation

Choose a crusty country bread and thickly slice it.
Toast lightly and rub slices with a garlic clove half while still hot from the oven.
In a small bowl, lightly mash avocado dice, leaving it mostly chunky.
Add a drizzle of lemon juice to taste.
Pile the mashed avocado on top of the toast and spread it thickly.
Top with radish slices, micro greens or sprouts and sprinkle with smoked sea salt.

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