

Avocado Toast



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Serves: 4

Prep: 10 minutes

INGREDIENTS

- One 8-ounce ripe avocado, mashed
- Fine salt and freshly ground black pepper
- 4 slices whole grain or whole wheat bread
- 2 tablespoons olive oil
- Pinch of sea salt, for serving
- Crushed red pepper flakes, optional



DIRECTIONS

1. Halve the avocado, take the pit out, scoop out the avocado and mash it with a fork in a shallow bowl until chunky. Season with a pinch of salt and black pepper.
2. Toast the bread until browned and crisp.
3. Lightly brush the toast with oil, and season with fine salt and pepper.
4. Divide the mashed avocado evenly among the toast, and top with more black pepper and red pepper flakes if using.

Notes:

- For extra nutrition and flavor, add an egg, cherry tomatoes, arugula, spinach or sesame seeds to spice up your avocado toast.

Nutrition Information

Serving Size: 1

Calories	168
Total fat	10 g
Saturated Fat	1 g
Trans fat	0 g
Cholesterol	0 mg
Sodium	263 mg
Carbohydrates	16 g
Fiber	4 g
Sugars	2 g
Protein	4 g

Recipe adapted from: Food Network