

AVOCADO TOAST

I like to use thick slices of my favorite bread in this recipe. You get the warm bread and the creamy avocado blending together for a delight. Add a topping of your own. Recipe by Marian Bull. Shared by Francesca. The photo is from my lunch at Toastique, a new restaurant on King Street, in Old Town Alexandria.

PREP: 2 minutes

COOK: 5 minutes

SERVINGS: 1

INGREDIENTS:

1 slice of good bread (whole wheat, sourdough or rye; I use gluten-free rye)

1/3 large avocado or half of a small avocado

1 pinch sea salt

1 splash olive oil

1 pinch black pepper, red pepper flakes, paprika, or ground cumin

DIRECTIONS:

Mash the avocado and then add the above ingredients.

Spread the avocado mixture on the top of the bread.

Top with something special that you like, such as the tomato salad, watermelon radish slices, grapes, and watercress in this photo.

