

AVOCADO TOAST

Shared by Peiharn Chen
Source: *Cookie+Kate*

5 Minutes

INGREDIENTS

- 1 slice of bread (I like thick-sliced whole-grain bread best)
- ½ ripe avocado
- Pinch of salt
- Optional: Any of the extra toppings (see below)

INSTRUCTIONS

1. Toast your slice of bread until golden and firm.
 2. Remove the pit from your avocado. Use a big spoon to scoop out the flesh. Put it in a bowl and mash it up with a fork until it's as smooth as you like it. Mix in a pinch of salt (about ⅛ teaspoon) and add more to taste, if desired.
 3. Spread avocado on top of your toast. Enjoy as-is or top with any extras offered in this post (I highly recommend a light sprinkle of flaky sea salt, if you have it).
- **Add garlic:** Lightly rub a peeled raw garlic clove over the top of your toast before adding the avocado, or mix a tiny pinch of garlic powder into the avocado.
 - **Add fresh leafy herbs or your favorite herbed sauce:** Chopped fresh basil, cilantro, dill or parsley are all good with avocado. So is a drizzle of pesto, zhong sauce (spicy cilantro sauce), or chimichurri.
 - **Put an egg on it:** I love to top my avocado toast with a fried egg for extra protein (example here). You can do a poached egg or scrambled egg if you prefer.
 - **More extras:** Quick-pickled onions or radishes or jalapeños, your favorite hot sauce, or a sprinkle of sliced cherry tomatoes.

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