

AVOCADO TOAST 3 WAYS: MEDITERRANEAN | MEXICAN | BALSAMIC-TOMATO

Recipe by Chef Aifra Ruiz

INGREDIENTS

MEDITERRANEAN AVOCADO TOAST

- 2 slices of bread of choice
- 1 Avocado (small and ripe)
- 1 Lemon (one slice or wedge)
- 1/2 cup Garbanzo beans
- 1/2 cup Tofu (extra-firm, cut into small cubes)
- 2 Tbsp. Apple Cider vinegar

- 1 tsp. Oregano (dried)
- 1/2 Red Onion (cut into small pieces)
- 1/2 Cucumber (cut into small cubes)
- 1 Tbsp. Hemp seed (optional)
- Salt and ground pepper (to taste)

MEXICAN AVOCADO TOAST

- 2 slices of bread of choice
- 1 Avocado (small and ripe)
- 1 Roma tomato (cut into small cubes)
- 1/2 Red onion (cut into small cubes)

- 1/2 Lemon (juiced)
- Corn (15 oz. can)
- 1/2 cup black beans
- Cilantro (a few stalks, chopped)
- Salt (to taste)

BALSAMIC TOMATO AVOCADO TOAST

- 2 slices of bread of choice
- 1 Avocado (small and ripe)
- 1/2 cup Grape Tomatoes (sliced)

- 1/2 cup Balsamic Vinegar
- 1 Tbsp. fresh parsley (chopped)
- Salt (to taste)

DIRECTIONS

MEDITERRANEAN AVOCADO TOAST

1. In a bowl mix together garbanzo beans, tofu, onion, cucumber, oregano, vinegar, salt, and pepper.
2. Toast bread.
3. Spoon 1/4 avocado onto bread and spread evenly on toast.
4. Squeeze lemon juice on top
5. Place the prepared Mediterranean mixture on top.
6. Garnish with hemp seeds

MEXICAN AVOCADO TOAST

1. Mix together tomato, onions, lemon, corn, black beans, cilantro, and salt.
2. Toast bread.
3. Spoon 1/4 avocado onto bread and spread evenly.
4. Put lemon juice on top.
5. Place the prepared Mexican mixture on top.
6. Garnished with cilantro on top.

BALSAMIC TOMATO AVOCADO TOAST

1. Make balsamic reduction: Heat balsamic vinegar in a small pot on medium heat. Whisk constantly until reduced by half.
2. Toast bread.
3. Spoon 1/4 avocado onto bread and spread evenly.
4. Top with tomatoes and parsley
5. Drizzle with balsamic reduction.