



## BREAKFAST



### Nutrition Facts\*

Calories	304cal
Protein	4g
Total Fat (0g trans fat)	25g
Carbohydrates	19g
Sugar	3g
Sodium	324mg

### Nutritionist Approved

These days, the avocado has become an incredibly popular food when transitioning into a healthier lifestyle — mainly because it's high in nutrients like fibre, healthy fats and offers more potassium than a banana. Pair it with easy-to-digest fermented sourdough bread and spicy arugula, and you've got a perfect meal!

\*This nutrition information is provided as an estimate only, and individual results may vary due to natural fluctuations in fresh produce or with product choices.

# ROASTED TOMATO AVOCADO TOAST

BY CHEF STEPHANIE TUCCI

VEGAN/  
GLUTEN-FREE  
OPTION

YIELDS 4 SERVINGS

Avocado toast is so versatile and easy to assemble, and the combinations are endless. Something as simple as roasting cherry tomatoes and adding some dressed arugula really elevates this recipe, turning it into something special.

### INGREDIENTS

#### For the Avocado Smash

2 ripe avocados  
1 garlic clove, grated  
¼ tsp. salt  
⅛ tsp. black pepper  
1½ tbsp. lemon juice  
Zest of ½ a lemon

#### For the Toppings

2 small handfuls of arugula  
1 tbsp. extra virgin olive oil  
1 tbsp. lemon juice  
Balsamic reduction (to drizzle over)  
4 thick-cut slices of sourdough or gluten-free bread

#### For the Roasted Tomatoes

2 cups cherry tomatoes  
2 tbsp. extra virgin olive oil  
⅛ tsp. salt

### METHOD

- 1 Preheat your oven to 375 degrees F and line two baking sheets with parchment paper.
- 2 **For the avocado smash:** In a large bowl, scoop out the avocado flesh, discarding the pit and skin. Add the grated garlic, salt, black pepper, lemon juice and zest. Mash together with a fork or potato masher until well combined — it does not have to be smooth and should still have some texture. Then cover and set aside until ready to use.
- 3 Toss your cherry tomatoes in 2 tbsp. of olive oil and lay out on one of your prepared baking sheets. Then roast for 6 to 8 minutes, until they just start to burst but still hold their shape.
- 4 At this point you can toast the bread to your liking.
- 5 **When you are ready to assemble:** spread a generous amount of avocado smash on each slice of bread. Then toss your arugula in 1 tbsp. of extra virgin olive oil and 1 tbsp. of lemon juice. Place a small pile of dressed arugula on each slice overtop the smashed avocado.
- 6 Over the arugula place your roasted tomatoes.
- 7 Serve right away.

