



Level-Up Avocado Toast

Serve this triple decker treat with tangy balsamic baby tomatoes

Balsamic Tomatoes

- 1 cup quartered cherry or baby tomatoes, washed
- 1-1/2 Tablespoons white balsamic vinegar
- 1/4 teaspoon sea salt
- 1/4 teaspoon ground black pepper

Spicy Avocado Sauce

- 1 medium avocado, seeded, peeled
- 1 small jalapeno pepper, seeds removed
- 1/2 cup fresh cilantro
- 1 clove garlic, unpeeled, rough chop
- 1/4 teaspoon salt
- 2 Tablespoons fresh lemon juice

Toast:

- 4 slices favorite bread or healthy zucchini bread
- Spray olive oil as needed

1. Combine all the ingredients for the balsamic tomatoes; stir to mix. Refrigerate for at least 15 minutes.
2. Combine all ingredients for the avocado sauce in a food processor or blender; process until smooth. If too thick, add tablespoon water.
3. Lightly spray each slice of bread with oil; toast on both sides in a toaster or small oven.
4. Spread avocado sauce evenly over each slice of toasted bread; then top with chilled balsamic tomatoes. Serve immediately. Serves: 2

Cook's Note: If you like spicy food, leave the seeds in the jalapeno pepper. Use leftover avocado sauce for salads or a dip. To save the sauce, store in airtight container with plastic wrap making contact with dip and sealing out any air. Some people like to cover it with extra lemon juice, but I never had to do that.

Recipe Inspired by: Vasudha Viswanath, *The Vegetarian Reset*, The Collective Book Studio, 2023. Recipe for *Avocado Toast*, p. 20.

About the Recipe: Avocado recipes are so delicious solo, but this recipe adds a tangy layer of diced baby tomatoes, flavored with white balsamic vinegar. That adds an extra layer of goodness. It's so easy that you will want to add it to your other favorite sandwiches.