

Arugulicious Avocado Toast



Ingredients

- 2 slices multigrain bread, toasted
- 1 avocado, puréed
- ½ teaspoon lime juice
- 10 arugula leaves per slice
- 1 tablespoon grilled pine nuts
- Extra virgin olive oil to drizzle
- Parmesan, shaved
- Fresh ground pepper to taste

Serves 1-2

Preparation

1. In a skillet (without oil), grill the pine nuts until lightly browned. Set aside in a bowl to cool.
2. Blend the avocado and lime juice in a food processor until a smooth consistency is obtained.
3. Toast the bread slices under the broiler until they reach the desired shade.

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4. Spread the avocado purée on the toasted bread slices and arrange the arugula leaves on top.
5. Using a peeler, carefully shave off long strips of parmesan cheese.
6. Arrange the parmesan shavings and pine nuts on the bread slices, drizzle the extra virgin olive oil over top, and add pepper to taste.