Avocado toast with Green Goddess Dressing

Serves 3-6

Ingredients

Toast

2 ripe avocados cut in bite size chunks
1 tbsp lemon juice
6 slices crusty bread
1 tbsp olive oil
½ cup feta, crumbled
½ cup arugula leaves
½ cup peppery micro salad (optional)
2 tbsp hemp seeds
Salt and freshly ground pepper to taste

Green Goddess dressing

½ cup parsley leaves, roughly chopped
½ cup coriander leaves, roughly chopped
¼ cup fresh dill, roughly chopped
12 mint leaves
½ cup chives, roughly chopped
3 tbsp lemon juice
2 tsp Dijon mustard
1 cup plain yogurt
⅓ cup vegetable oil
2 tbsp water (if it’s too thick)

Avocado toast with Green Goddess Dressing

Preparation

1. Green Goddess Dressing (directions)
   Place all ingredients minus the oil and water in a food processor and mix until perfectly smooth.

2. Slowly add the oil while running until the dressing is emulsified. (add water if you find it too thick.)

3. Keep in a hermetically sealed container in the refrigerator for up to 14 days.

4. Toast
   Prepare avocado pieces and drizzle them with lemon juice so they don’t brown. Set aside.

5. In a large pan on medium heat, cook the bread slices with the olive oil until toasted and golden.

6. Spread the avocado pieces onto the toast pushing them slightly into the bread. Top with arugula and micro greens and sprinkle with feta and hemp seeds.

7. Drizzle with green goddess vinaigrette. Finish with a crack of pepper if desired!