

Avocado Bruschetta

Ingredients:

- ❖ 1 bag of 8 garlic rye bruschetta breads
- ❖ 6 fresh tomatoes
- ❖ 1 large avocado
- ❖ 1 handful of fresh basil
- ❖ 1 red onion
- ❖ 1tbsp. extra virgin olive oil
- ❖ 1-2 tbsp. of pesto
- ❖ 1 bag of mixed salad greens
- ❖ 2 tbsp. light sour cream

Serves 4



Method:

To begin, cut tomatoes in half and remove the seeds. Next, dice up the remaining tomato in small pieces and place in a bowl. Peel the onion then dice into very small pieces and combine in bowl with tomato. Next peel the avocado and cut into small pieces. Slice the basil into small strips. Add the avocado and basil to tomato mixture. Next, add olive oil and pesto to the mixture and toss to combine. Set tomato mixture aside. Then prepare the bread by placing under a grill until golden brown or lightly toasting in a frying pan. Finally, evenly spoon the tomato mixture over the bruschetta bread and drizzle sour cream through a piping bag. Serve with a simple mixed green salad.

Extra optional additions: garlic, feta cheese, balsamic vinegar dressing, pine