Breakfast, American

Avocado Toast with Smoked Salmon

Creamy mashed avocado layered on warm whole grain bread, topped with silky cold smoked salmon and brightened with parsley and lemon. A quick dish that comes together in about ten minutes.



Nut free

10 min	220	18 g	8 g
time	calories	carbs	sugars

Ingredients, 2 servings

- [ ] 2 slice whole grain bread (thin sliced)
- [ ] 1 med avocado
- [ ] 3 oz cold smoked salmon
- [ ] 1 tbsp fresh parsley (chopped, for garnish)
- [ ] 1 wedges lemon (for serving)

Method

- [ ] 1 Start by browning the thin sliced whole grain bread in the toaster until it takes on a golden color.
- [ ] 2 While that runs, halve the avocado, pull the pit free, and get the flesh out into a bowl, then work a fork through it until the mash turns completely smooth and easy to spread.
- [ ] 3 Coat every piece of toast with an even layer of the avocado mash.
- [ ] 4 Arrange the cold smoked salmon in loose folds so it lies across the avocado.
- [ ] 5 Finish with the chopped fresh parsley scattered over everything and the lemon wedge on the side for squeezing.

Nutrition Facts

Per serving

Calories	**220**
Total fat	13 g
Saturated fat	2 g
Sodium	390 mg
Total carbs	18 g
Fiber	8 g
Total sugars	8 g
Protein	12 g

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