



Summer's Best Avocado Toast

Dressed up with thinly sliced tomatoes and cucumber, greens, and alfalfa sprouts, this easy, vegan avocado toast recipe features some of summer's freshest flavors—and makes a perfect portable snack or breakfast. Tightly wrapped in wax paper, these toasts will keep in the refrigerator for up to a day.

From Forks Over Knives Family

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Makes 6 toasts
Cook Time: 15 minutes

INGREDIENTS:

6 slices whole grain bread,
toasted

1 Hass avocado, halved, seeded,
peeled, and cut into 6 wedges

2 medium ripe tomatoes, thinly
sliced

1½ cups thinly sliced cucumber

1 to 2 cups baby romaine lettuce
or spinach

½ to ¾ cup fresh alfalfa sprouts
(optional)

Sea salt and freshly ground
black pepper, to taste

2 tablespoons lemon juice

- 1 Spread each toasted bread slice with an avocado wedge. Top with tomato, cucumber, lettuce, and, if desired, alfalfa sprouts.
- 2 Sprinkle with salt and pepper and drizzle with lemon juice. Serve immediately.