

Sourdough Avocado Toast with Microgreens

Microgreens top off this fresh and healthy assembly of toasted homemade sourdough, avocado spread, and feta. A perfect open-faced sandwich for brunch or a light dinner.

Servings 2

INGREDIENTS

2 slices sourdough bread or bread of your choice
1 tsp The Italian Pantry olive oil
1 tsp butter
1 avocado roughly mashed
1 tsp lime juice fresh squeezed
salt & pepper to taste
1/2 cup microgreens or rocket
1/2 cup Cherry Tomato Halves
2 to 4 Tbsp feta cheese or goat cheese
1 to 2 Tbsp The Italian Pantry balsamic

INSTRUCTIONS

In a non-stick frying pan melt the butter & olive oil together over medium-medium high heat. Add 1 slice of bread, absorbing some of the butter/oil but quickly turning it over so it doesn't absorb too much, then adding the other slice to the pan - same fashion, try to get enough oil/butter on it but not over-absorbed.

Lightly toast on each side and remove from the pan. Set aside.

In a small bowl mash your avocado, adding the lime juice, and salt & pepper to taste. Divide the avocado spread into 2 and spread each portion onto a slice of bread.

Sprinkle on the microgreens, tomato, and the feta crumbles. If you have balsamic, (I particularly love the 25-year-aged balsamic from The Italian Pantry located in Magnolia TX) a light drizzle on top is nice. Or add a fried egg if you prefer.