

Loaded Avocado Toast

Swick

Makes 6 pieces of toasts | Active Time: 20 minutes | Total Time:

Chef's Notes

Suggested adult serving: 2 slices

To store, place avocado mixture in a storage container. Cover the surface with plastic wrap and close the lid. Chill in the refrigerator for up to 24 hours.

Step 1: Make Avocado-Pea Spread

- 2 1/4 cups fresh or frozen green peas
- 3/4 avocado
- 1 1/2 tablespoons fresh lemon juice
- freshly ground black pepper
- 1/3 teaspoon crushed red pepper flakes
- 6 slices whole-grain bread toasted
- 3/4 cucumber thinly sliced ($\approx 7\frac{1}{2}$ oz)
- 4 1/2 radishes sliced ($\approx 1/3$ cup)
- 3 scallions (white & green parts) thinly sliced ($\approx 1/3$ cup)

STEAM GREEN PEAS

In a steamer insert set over boiling water, cook peas for 1 to 2 minutes. Immediately run cold water over peas; drain well.

PREPARE AVOCADO

In a food processor (or high-powered blender), process steamed peas, avocado, and pepper flakes until smooth. Add lemon juice and season with black pepper to taste.

ASSEMBLE & SERVE

Toast bread, then slather with pea-avocado mixture. Top with cucumber, radishes, and scallions.