



# Seasonal "Hub" Toast

*By Chef Adrian Lopez of Healthy AF Nutrition*

This recipe is called "Hub" Toast because you can find almost everything you need at your local food hub or favorite local grocer.

## Ingredients & Instructions

Monika's bread toasted (or whichever bread you prefer!)

Spread toast thin with layer of butter (optional!) Kerrygold butter! <--- Chef Jackie recommends Chef Adrian leaves it out.

Top with mashed avocado (about 2 Tbsp) unfortunately we cannot source the avocados locally, however they are a MUST for this recipe so you just have to get in where you fit in 😊

Add sliced tomatoes from your favorite local farm (these ones here from Mighty Greens in Elburn!)

Finish with microgreens! We love Mighty Greens or Miracle Greens in DeKalb!

## Optional Toppings

- Raw sliced sweet corn from Wiltse's (Maple Park) or Rustic Road Farm (Elburn)
- Slivered onions (DCCG or Yaeger's)
- Balsamic Glaze, YUM! (helps the seeds stick to the top too!)
- Sprinkled with sesame seeds or sunflower seeds. We like using black and white sesame seeds! They add an extra crunch.



## Chef's Tip

*"Catch the avocado at the correct time before using. To see if avocado is ripe, give it a squeeze. It should have a little little give and not be too firm. We also recommend buying balsamic reduction that is pre-made, which saves you some serious time." - Chef Adrian Lopez*

