

## 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.

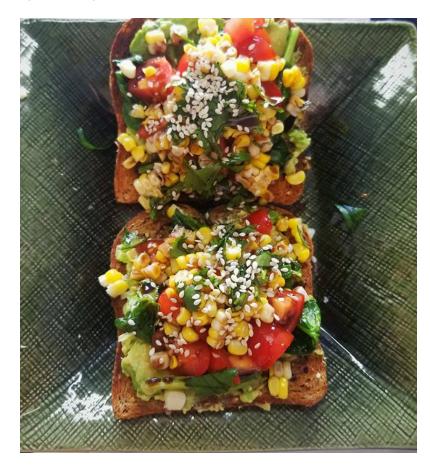
Top with mashed avocado (about 2 Tbsp) unfortunately we cannot source the avocados locally, however they are a MUST for this recipe so you just have to get in where you fit in ©

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

