



American Association of Orthodontists[®]

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Farmer’s Market Avocado Toast
(Serves 1-2, but can be doubled or tripled)



Here is a way to highlight fresh seasonal veggies and enjoy them in all their glory. Whether you shop at the local farmer’s market, or the produce section of the grocery store, feel free to choose your own toppings based on what is seasonally available, or just what you like best.

- 1 pre-made mini-pizza crust, such such as Boboli
- 1 teaspoon fresh lemon juice
- 1 avocado
- Kosher salt, a level 1/4 teaspoon, divided
- Extra virgin olive oil, 2 teaspoons, divided
- ½ cup fresh arugula or spinach
- ½ cup chopped tomatoes (cherry or grape size, heirloom variety, or whatever is seasonal)
- 1 teaspoon, thinly sliced scallions, red onion, sliced scallions, or chives (pick one)
- 1 tablespoon crumbled goat or feta cheese, or any other cheese locally sourced, optional.

1. In a small bowl, mash the avocado with the fresh lemon juice, and leave slightly chunky.
2. Lightly toast the mini-pizza crust at 375 F for 5 minutes, until warm and slightly crisp (it will soften when toppings are added).
3. Spread the mashed avocado on the flatbread, sprinkle half the kosher salt and drizzle a teaspoon of the olive oil.
4. Top with the fresh arugula or spinach, the chopped tomatoes, the onion of your choice, and the cheese. Drizzle the other teaspoon of the olive oil and the other half of the kosher salt to finish it off. Slice into wedges and serve immediately.

Nutrition Facts	
Serving Size 1/2 toast	
Number of Servings 2	
Amount Per Serving	
Calories 333	
	% Daily Values*
Total Fat 22g	34%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 7mg	2%
Potassium 538mg	15%
Sodium 402mg	17%
Total Carbohydrate 28g	9%
Dietary Fiber 7g	28%
Sugars 1g	
Protein 8g	16%
Vitamin A 23%	Vitamin C 36%
Calcium 8%	Iron 13%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g