



Smoked Salmon Avocado Toast

1 serving
5 minutes

Ingredients

- 1/2 Avocado
- 1 slice Organic Bread (toasted)
- 1 1/2 ozs Smoked Salmon (cut into bite-sized pieces)
- 1/8 Yellow Onion (thinly sliced)
- 1/2 tsp Capers
- 1 1/2 tps Fresh Dill (chopped)
- 1/4 tsp Lemon Juice

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 293 |
| Fat | 19g |
| Carbs | 22g |
| Fiber | 8g |
| Sugar | 4g |
| Protein | 12g |
| Cholesterol | 10mg |
| Sodium | 452mg |
| Vitamin A | 207IU |
| Vitamin C | 12mg |
| Calcium | 38mg |
| Iron | 1mg |

Directions

- 1 Mash the avocado onto your toast. Next, add the smoked salmon, yellow onion, capers, dill and lemon juice. Enjoy!

Notes

- No Yellow Onion,** Use red or green onions instead.
- No Bread,** Use a large cracker or flatbread.
- Gluten-Free,** Use gluten-free toast or crackers.
- No Dill,** Use another fresh herb such as parsley.