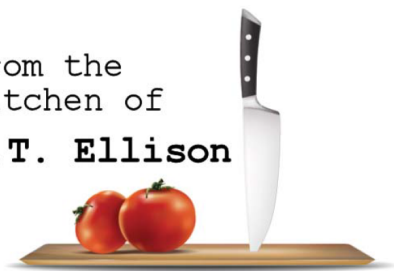


From the
kitchen of

J.T. Ellison



Ingredients

- ✓ 1 avocado
- ✓ 2 slices GF toast (you lucky non-celiacs can go wild here)
- ✓ 1 tablespoon red onion (I like to use the dried red onion from Sprouts, which I then reconstitute in a little water, but fresh is good, too)
- ✓ 1 tablespoon almond slices
- ✓ Brianna's Homestyle French Vinaigrette dressing
- ✓ Salt and pepper to taste

Avocado Toast

(serves 1)

I don't know about you, but when it comes to summer, I want my food to be as uncomplicated as possible. Everything is so yummy and fresh, just a few cracks of pepper and olive oil over some cantaloupe and a few pieces of salami can make a meal.

One of my favorite filling-but-easy lunches is avocado toast. Literally a 2-minute prep, this is a savory lunch that keeps the energy levels high all afternoon. I used to hate avocados except in guacamole, but once I discovered this recipe, I eat them constantly.

Directions

1. Cube the avocado and put it on a plate.
2. Add salt and pepper to the cubed avocado.
3. Add onions and almonds.
4. Dress with vinaigrette and mix.
5. Smush on your toast, and devour. (The smushing part is especially fun.)

Chef's Note: If you're feeling frisky, a scoop of chicken salad makes this lunch a real winner.

As seen in J.T. Ellison's newsletter. For more recipes, visit JTEllison.com/Recipes. Want a wine to go with your recipe? Check out J.T.'s wine blog at TheWineVixen.com.