

# Salmon Toast, Avocado Spread, Tomato Cucumber Bruschetta

*eatsane*



## Ingredients

**8 slices** Eatsane Sourdough Bread- toasted  
**4 oz.** smoked salmon

### Avocado Spread:

**½ cup** chopped fresh cilantro  
**½ cup** plain yogurt  
**1** avocado, chopped  
**½ cup** water  
**¼ cup** lime or lemon juice  
**1-2 tsp.** salt  
**5 shakes** of Tabasco  
**3 drops** of dark sesame oil

### Tomato-Cucumber Spread:

**3 large** ripe tomatoes, chopped  
**½ large** red onion, cut to ¼ in. dice  
**1** cucumber, cut to ¼ in. dice  
**1 cup** fresh basil leaves, shredded  
Salt and freshly ground pepper  
**¼ cup** extra-virgin olive oil  
**1 tbs.** red wine vinegar



**NUTS & SEEDS WITH  
A SOURDOUGH TWIST**

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## Directions

### Avocado Spread:

**Blend** the avocado, yogurt, and cilantro. **Add** more water if you want a smoother consistency. **Adjust** seasonings (salt, Tabasco, lime, sesame oil).

### Tomato-Cucumber Spread:

In a large bowl, **combine** tomatoes, onion, cucumber, and basil. **Season lightly** with salt and pepper. **Add** olive oil and vinegar and **toss well** to combine. **Let stand** at room temperature for at least an hour.



### Assemble:

Evenly distribute the spread on toasted slices.

**Layer a ½ ounce of smoked salmon** on top of spread. Top each piece with 1/3 cup of bruschetta.



**2.3**<sub>g</sub>  
**NET CARBS**  
PER SLICE  
OF BREAD