

Brisling Sardine Avocado Toast

Serves: 2

Ingredients

- 2 slices crusty artisan bread
- 2 tbsp unsalted butter, melted
- 2 medium Haas avocados
- 1 lime, juiced
- ¼ small red onion, thinly sliced
- 2 small handfuls mixed baby greens (or your favorite greens)
- 1 ½ cups egg whites
- 1 can [Crown Prince Natural Brisling Sardines in Mustard](#)
- salt and black pepper, to taste



Directions

Set oven to broil setting.

Brush both sides of the bread with melted butter and place into the broiler on a baking sheet. Watch it carefully. Once the bread starts to brown, pull out the baking sheet and turn the slices over. Place back into the broiler and cook until lightly browned. Remove bread and set aside.

Cut avocados in half, remove the seed, and scoop out the avocado flesh with a spoon. Squeeze lime over the avocado and season with salt and pepper. Using a fork, mash the avocado leaving it slightly chunky. Place avocado mixture on both slices of bread. Top with mixed greens and red onion. Set aside.

Whisk egg whites with sardines and season as needed. Heat a small fry pan over medium high heat with about two tablespoons of olive oil. When the pan is hot, add the egg mixture and scramble until cooked through. Place the cooked egg mixture over the mixed greens and serve hot.