

## *Hummus and Avocado Toasts with Roasted Tomatoes*



### **Ingredients:**

- 6-8 slices of bread
- ½ cup hummus [homemade]
- 1 avocado – halved, pitted and peeled
- 4 plum tomatoes, halved lengthwise, cores and seeds removed
- 2 tablespoons extra virgin olive oil
- 2 teaspoons balsamic vinegar
- salt and pepper to taste

### **Method:**

1. Preheat the oven to 450 degrees F.
2. Arrange the tomatoes on your baking sheet, cut sides up, in a single layer. Drizzle with olive oil and balsamic vinegar. Season with salt and pepper.
3. Roast for 25-30 minutes, until the tomatoes are beginning to caramelize.
4. While the tomatoes roast, toast your bread.
5. Using a biscuit cutter, cut out 1-2 circles per toast, depending on how big the piece of bread is.
6. Spread ½-1 tablespoon of hummus on each circular toast.
7. In a bowl or plate, mash avocado with a fork, leaving large chunks.
8. Layer the mashed avocado over hummus, season with salt + pepper, and then top with a roasted [or fresh] tomato.
9. Serve immediately.