

# Spring Pea Bruschetta With Tomato and Avocado

**Yield: 9 servings**

## Ingredients

- 1 large crusty baguette cut into ½" slices
- 2 tablespoons extra virgin olive oil

### Pea Puree:

- 2 cups fresh peas
- 1 teaspoon garlic clove
- 2 teaspoons fresh lemon juice
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper
- ¼ cup extra virgin olive oil

### For the Tomato and Avocado Topping

- ½ cup chopped tomato
- ½ cup chopped avocado
- 2 tablespoons chopped fresh parsley
- 2 teaspoons white balsamic vinegar
- ½ teaspoon salt

## Instructions

1. Heat oven to 425 degrees and line a large baking sheet pan with parchment paper.
2. Brush one side of the bread lightly with olive oil and then place on the baking sheet pan.
3. Bake for 15 minutes or until lightly golden and crispy.
4. Meanwhile, place peas in a small saucepan with ½ cup of water. Put a lid on and cook until peas are soft, about 3 minutes. Drain off any excess water.
5. In a small food processor puree peas, garlic, lemon, salt, and pepper
6. In a small bowl combine tomato, avocado, parsley, vinegar and salt.
7. Allow crostinis to cool a bit, then top with pea puree and the avocado/tomato mixture.

## Nutrition Information

### Serving Size: 2 slices

Calories: 246  
Total Fat: 11.6 g  
Saturated Fat: 1.5 g  
Monounsaturated Fat: 7.8 g  
Polyunsaturated Fat: 1.2 g  
Sodium: 419 mg  
Total Carbohydrate: 30 g  
Dietary Fiber: 5 g  
Sugars: 3.3 g  
Protein: 6.5 g

Source: Adapted from Peas and Crayons.  
Jenn Laughlin



Presented by  
Culinary Medicine