



# VITAMIN

Vital health information in a minute

## WILD SALMON & AVOCADO TOAST

**A delicious way to start your day or a healthy snack! In addition to being a great source of protein, salmon offers a solid dose of omega-3 fats, which are important for health.**

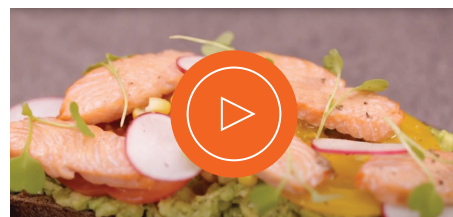
### Ingredients:

- › 4 slices gluten-free pumpernickel bread, toasted
- › 6 ounces wild salmon fillets skins removed, sliced
- › 2 ripe avocados
- › 1 ear of corn, removed from cob
- › 2-3 heirloom tomatoes, sliced thin (assorted colors)
- › 2 radishes, thinly sliced
- › ½ cup micro arugula
- › 1 pinch kosher salt
- › 1 pinch fresh cracked black pepper

### Directions:

Preheat oven to 450 degrees. Place sliced salmon on lightly oiled baking sheet. Bake 5 minutes or until cooked thoroughly.

Toast pumpernickel. Sprinkle salt on avocado and roughly mash. Spread avocado onto toast, then top with tomato, corn, salmon, radish and micro arugula. Season with salt and pepper. Drizzle with olive oil.



**Click here to watch  
a video of this  
recipe being made.**

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