

Avocado Green Machine Toast

A beautiful and tasty, plant-forward variation on the classic Avocado Toast. Recipe can be vegan if vegan bread is used. Cow's milk can be substituted for oat milk for a non-vegan recipe if desired.

Preparation Time: 30 minutes
Cook Time: 8 minutes

NSLP/SBP crediting information:
1 serving provides 1 oz eq meat/meat alternate, 1 oz eq grain, and 1/4 cup other vegetable.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Olive oil, pure or extra virgin	5 oz	2/3 cup	10 oz	1-1/3 cup	1. Combine olive oil, turmeric, cumin seed, granulated garlic, onion powder, paprika, red chili flakes, black pepper, nutritional yeast, tahini, oat milk, and salt in a large bowl to make the marinade. Whisk to combine.
Turmeric, ground		2 tsp		4 tsp	
Cumin seed, ground		1 Tbsp 1 tsp		3 Tbsp	
Garlic, granulated		1 Tbsp 1 tsp		3 Tbsp	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Onion, powdered		1 Tbsp 1 tsp		3 Tbsp	
Paprika, ground		2 tsp		1 Tbsp 1 tsp	
Red chili flakes (optional)		1 Tbsp 1 tsp		2 Tbsp	
Black pepper, ground		2 tsp		1 Tbsp 1 tsp	
Nutritional yeast	1 1/2 oz	1/2 cup	3 oz	1 cup	
Tahini paste	1 1/2 oz	3 Tbsp	3 oz	3/4 cup	
Milk, oat, full fat (or other creamy plant-based milk)	1 lb	2 cups	2 lb	1 quart	
Salt, kosher		2 tsp		1Tbsp 1 tsp	
Tofu, extra firm, crumbled	7 lbs 2 oz		14 lb 4 oz		**2.** Using gloved hands or a stand mixer on low speed, crumble the tofu into random size bits and chunks to resemble curds of scrambled eggs. Do not over-mix. **3.** Fold tofu crumbles into the marinade until tofu is evenly coated.
					4. Spread the marinated tofu out on parchment-lined sheet pan (one pan for each 50 servings). **Critical Control Point:** Refrigerate until ready to assemble, up to two days.
Bread, whole grain-rich, sliced, 1 oz slices	3 lb 2 oz	50 each	6 lb 4 oz	100 each	**5.** Preheat oven to 350˚ F Fahrenheit. **6.** Arrange bread slices onto a parchment-lined sheet pan. Using a pastry brush, apply a thin layer of oil to each slice of bread.
Olive oil, pure or extra virgin	1 lb	2 cups	2 lb	1 qt	**7.** Toast the oiled bread until lightly browned, about five minutes.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					8. Heat tofu mixture in the oven until lightly browned and internal temperature reaches 165˚ F, 8-10 minutes. **Critical Control Point:** Ensure internal temperature reaches 165˚ F
Avocado, smashed into a paste	6 lbs 4 oz	12-1/2 cups	12 lbs 8 oz	1-1/2 gal 1 cup	**9.** While tofu is in the oven, prepare the avocado toast. Spread ¼ cup of avocado pulp onto one side of each slice of bread.
					10. Remove the tofu from the oven and transfer it into 4-inch hotel pans. Using a #12 scoop, measure 1/3 c of tofu scramble on top of each slice of avocado toast. Spread out onto the toast. Serve immediately, or place in a hot holding cabinet until service time. For best results, hot hold for no more than 15 minutes.
Herbs (cilantro, chives, parsley, or basil), fresh, chopped, Washington grown preferred	3 oz	2 cups	6 oz	4 cups	**11.** Sprinkle each toast with chopped herbs immediately before serving.

NUTRITION INFORMATION

For 1 slice toast (serving size)

NUTRIENTS	AMOUNT
Calories	**330**
Total Fat	**25 g**
Saturated Fat	4 g
Cholesterol	0 mg
Sodium	**212 mg**
Total Carbohydrate	**19 g**
Dietary Fiber	7 g
Total Sugars	3 g
Added Sugars included	0 g
Protein	**12 g**
Vitamin A	279 mcg RAE
Vitamin C	7 mg
Vitamin D	0.16 mcg
Calcium	240 mg
Iron	2.7 mg
Potassium	476 mg

N/A=data not available.

MARKETING GUIDE		
Food as Purchased for	**50 Servings**	**100 Servings**
Avocado	9 lb 14 oz	19 lb 12 oz

NOTES
*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available. Cow's milk can be substituted for oat milk. Local ingredients: herbs, whole grain-rich bread Cooking Process # 2: Same Day Service

YIELD/VOLUME	
50 Servings	**100 Servings**
50 slices of toast About 16 2/3 cups tofu	100 slices of toast About 33 1/3 cups tofu

SOURCE:

FY 2024 Team Nutrition Training Grant

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