

# Avocado Toast with Crab and Pickled Red Onions

*Serves 4*

## **Ingredients:**

1 package Aquamar Day's Catch Crab Filets (8 pieces)

4 slices Hearty Bread (sourdough, rye, Pumpernickel), thick sliced, lightly toasted

2 ea. Avocado, ripe, Lg.

2 oz. Cheese, Feta, crumbled

½ cup Tomatoes, cherry, sliced

½ Lemon, cut in 4 wedges

2 tbsp. Olive oil, E.V.

½ tsp. Salt, sea

Fresh ground Black pepper

1 tbsp. Chives, fresh, chopped

*Pickled Red Onions\** Recipe below

## **Instructions:**

1. Cut Avocados in half, remove pit, and scoop pulp into medium mixing bowl taking care to scrape close to skin to remove greenest part.
2. With fork, mash avocado and add sea salt, mix well and set aside
3. Toast bread.
4. Spread avocado mixture evenly in a thick layer onto `toast, Add tomatoes, crumbled feta.
5. Top each toast slice with 2 Crab filets and drained pickled onions.

6. Drizzle ½ tbsp. olive oil and squeeze lemon wedge over each, top with fresh ground black pepper and chives, serve immediately.

### ***Pickled Red Onions***

#### ***Ingredients***

1 cup Onion, red, thin sliced

1 cup Vinegar, apple cider

½ cup Sugar, turbinado (or light brown)

2 tbsp. Water

1 tsp. Salt, sea

1 clove Garlic, smashed

#### ***Instructions:***

1. In thick bottom saucepan, add vinegar, water, sugar, salt and garlic, bring to boil.
2. Add onions, bring back to boil, reduce heat, and simmer for 3 minutes. Remove from burner and let cool for 5 min.
3. Transfer to shallow covered container and refrigerate at least 12 hours.
4. Store refrigerated until ready to use.
5. Drain liquid from onions before serving.