

Gluten Free Benedictine Toast



Indulge in our delightful recipe for Gluten-Free Benedictine Tartine. Enjoy the perfect combination of gluten-free bread, creamy avocado, smoked salmon, and poached eggs for a truly delicious gluten-free culinary experience.

Preparation 15 min

Cooking 5 min

Servings 4

Nutrition Facts (per serving)

Calories 390

Fat 25

Carbohydrates 26

Fibre 14

Protein 20

Sodium 550

Ingredients

- 16 asparagus spears, cut in half lengthwise and widthwise
- 15 ml (1 tbsp) olive oil
- 125 ml (½ cup) grated Tex-Mex cheese
- 4 large eggs
- 15 ml (1 tbsp) white vinegar

- 4 slices gluten-free bread, toasted ([Queen St. Bakery's "Classic Chia" gluten-free bread](#))
- 15 ml (1 tbsp) Dijon mustard
- Pepper and salt to taste

Edamame Guacamole

- 2 ripe avocados
- 250 ml (1 cup) frozen shelled edamame, thawed
- The juice of 1 lime (or 30 ml / 2 tbsp)
- ½ green onion, finely chopped
- 5 ml (1 tsp) sriracha sauce
- Pepper and salt, to taste

Preparation

1. Bring water to a boil in a saucepan.
2. Prepare the [edamame guacamole from TeamNutrition](#).
3. In a saucepan over high heat, cook asparagus in a drizzle of olive oil for about 4 minutes or until toasted. Top with cheese, let melt and set aside.
4. Pour vinegar into boiling water.
5. Reduce heat of water to medium until slightly simmering.
6. Break an egg into a bowl, taking care to keep the yolk intact. Carefully drop the egg into the water and swirl with a fork to keep the white around the yolk. Repeat with remaining eggs and cook for 2 minutes or until white is firm.
7. Gently remove each egg from water with a large spoon. Set aside.
8. Assemble the tartine: Spread each slice of toast with Dijon mustard, place the edamame guacamole, asparagus au gratin and a poached egg on top. Season with pepper and salt and enjoy.



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