

## Avocado Sandwiches with Arugula

Adapted from Panini, Bruschetti, Crostini by Viana la Place.

1 ripe avocado, peeled and pitted

1 teaspoon capers, or to taste

mayonnaise or olive oil (optional)

1 bunch arugula

4 slices good rustic-style bread (I use Essential's Desem or Columbia)

Spread a little mayonnaise or olive oil on two slices of bread if desired. Top that with sliced avocado. Sprinkle with capers to taste, then add a layer of arugula. Finish with another bread slice, and enjoy. (Serves 2)