


# Avocado, Lox, and Pickled Onion on Crispbread

 Serves: 1

 Cooking Time:

 Level: Easy



## INGREDIENTS

2 pieces of crispbread (I like Wasa rye or sesame)  
1/2 ripe avocado  
4 to 5 pieces of lox (cold smoked salmon)  
Pickled red onions (see recipe below)

### *Quick pickled red onion*

1 red onion, peeled and thinly sliced  
1/2 cup apple cider vinegar  
1/2 cup water  
1 tablespoon coarse sea salt or Kosher salt  
1/2 tablespoon sugar

## PREPARATION

### *Quick pickled red onion*

1. Stir together the vinegar, water, salt, and sugar in a bowl until the salt and sugar dissolve. This is easiest if the water and vinegar have been heated a bit first. Add the onions and toss them to coat them with the vinegar mixture. Let them stand at least 30 minutes, tossing them again, now and then, before using.

2. Once cool, you can store them in a covered container or jar in the refrigerator for several weeks.

### *Avocado, lox, and pickled red onions on crispbread*

1. Smash half of the avocado on each of the crispbreads. Top each with half of the lox and some pieces of pickled red onion. There you go!