



Avocado Breakfast Bruschetta



Start to finish time: 10 minutes

Number of servings: 2

Nutrition Facts

Serving size 1 slice

Amount per serving
Calories 216

% Daily Value*

Total Fat 11g	14 %
Saturated Fat 2.8g	14 %
Trans Fat 0g	
Cholesterol 101mg	34 %
Sodium 297mg	13 %
Total Carbohydrate 22g	8 %
Dietary Fiber 5.1g	18 %
Total Sugars 3g	
Includes 0g Added Sugar	0 %
Protein 9.9g	
Vitamin D 0.5mcg	2 %
Calcium 116mg	9 %
Iron 1.8mg	10 %
Potassium 443mg	9 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS:

- 1/2 avocado (cubed)
- 1 tomato (diced)
- 1 egg (hard-boiled or fried or scrambled)
- 2-4 leaves of fresh basil (roughly chopped)
- Salt and pepper to taste
- Lemon juice to taste
- 2 Tablespoons ricotta cheese
- 2 pieces of a whole wheat bread item (ex. English muffin, bagel thin, etc.)

DIRECTIONS:

1. Gather and prepare ingredients.
2. Add avocado, tomato, hard-boiled egg and basil to medium bowl.
3. Mash together with a fork.
4. Add salt, pepper and lemon juice to avocado and egg mixture and stir together.
5. Toast bread to desired doneness.
6. Spread 1 tablespoon of ricotta cheese on each slice.
7. Top with veggie egg mixture.

FOOD SAFETY TIPS

1. Wash hands with warm, soapy water for 20 seconds.
2. Sanitize all food preparation surfaces.
3. Rinse and clean all produce.



STEP-BY-STEP DIRECTIONS:



Step 1

Gather and prepare ingredients.



Step 2

Add avocado, tomato, hard-boiled egg, and basil to a medium bowl.



Step 3

Mash together with a fork.



Step 4

Add salt, pepper, and lemon juice to avocado and egg mixture and stir together.



Step 5

Toast bread to desired doneness.



Step 6

Spread 1 tablespoon ricotta cheese on each slice.



Step 7

Top with veggie egg mixture.

SUBSTITUTIONS:

- Other herbs like dill or cilantro can be used in place of the basil.
- Add an additional hard-boiled egg for added protein.

MSU EXTENSION NOTES:

- For extra flavor, you can add minced garlic or garlic powder.

Michigan State University Extension programs and materials are open to all without regard to race, color, national origin, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family status or veteran status. This information is for educational purposes only. Reference to commercial products or trade names does not imply endorsement by MSU Extension or bias against those not mentioned.

Michigan State University occupies the ancestral, traditional and contemporary lands of the Anishinaabeg—Three Fires Confederacy of Ojibwe, Odawa, and Potawatomi peoples. The university resides on land ceded in the 1819 Treaty of Saginaw.

