

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	
Total Fat 11g	14 %
Saturated Fat 2.8g	14 %
<i>Trans</i> 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 %

^{*} 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.

FOOD SAFETY TIPS

Iron 1.8mg

Potassium 443mg

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

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:

10 %

9 %

- 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.
- Toast bread to desired doneness.
- 6. Spread 1 tablespoon of ricotta cheese on each slice.
- 7. Top with veggie egg mixture.

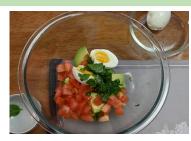


STEP-BY-STEP DIRECTIONS:



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.

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