

AVOCADO TOAST

Servings: 1

Prep time: 15 mins

Cook time: 5 mins

Total time: 20 mins

EQUIPMENT:

- Cutting board
- Fork
- Small pan
- Spatula
- Knife

INGREDIENTS:

- 2 slices whole grain bread
- ½ avocado
- 6 cherry tomatoes
- ¼ teaspoon (tsp) extra-virgin olive oil
- 1 egg
- Ground pepper to taste
- Chili flakes to taste
- Handful arugula
- Drizzle balsamic glaze
- 1 tablespoon (tbsp) light goat cheese, crumbled (optional)

NUTRITION FACT:

Avocados are high in unsaturated fat, which helps to decrease LDL (bad cholesterol) and increase HDL (good cholesterol)!



DIRECTIONS:

1. Place 2 slices whole grain bread in the toaster.
2. Cut avocado in half, remove seed and scoop out flesh.
3. Smash ¼ avocado on each slice of bread with a fork.
4. Using a cutting board and sharp knife, chop cherry tomatoes and cut into halves.
5. Heat a small pan over medium heat. Once hot, add drizzle olive oil to pan. Crack 1 egg into pan, add pepper and chili flakes to taste. Cook for 2-3 mins, flip and then cook for another 2-3 mins, depending on how you like your egg cooked.
6. Add cherry tomatoes, arugula, goat cheese if using and balsamic glaze to each slice bread.
7. Add fried egg to 1 slice of bread.