

# Avocado Breakfast Bruschetta



Photo credit: Avocado Breakfast Bread from Einladung\_zum\_Essen at pixabay.com

## Ingredients:

- 1/2 avocado
- 1 tomato
- 1 egg - hard-boiled or fried or scrambled
- 2 Tablespoons ricotta cheese
- 2-4 leaves of fresh basil
- Salt and pepper to taste
- Lemon juice to taste
- 2 pieces of whole wheat bread

## Directions:

Remember to wash hands and prepare food safely.

1. Wash your hands for 30 seconds with hot water and soap.
2. Sanitize all food prep surfaces and cooking utensils.
3. Rinse and scrub all produce.
4. Cut up half of avocado, tomato, hard-boiled egg and basil and add to bowl.
5. Add salt, pepper and lemon juice to bowl and stir together.
6. Toast bread and spread cheese on each slice.
7. Top with veggie mixture.
8. Enjoy!

Recipe credit: Adapted from Produce for Better Health Foundation; fruitsandveggies.org

**Number of Servings:** 2

**Serving size:** 1 slice

**Start to Finish:** 10 minutes

**Cost per serving:** \$2.25

**Cost per recipe:** \$4.51

*Cost is an average for the state of Michigan*

## Nutrition Facts

Amount Per Serving	
Calories 226	
% Daily Value	
Total Fat 11g	17%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 101mg	34%
Sodium 177mg	9%
Total Carbohydrate 19g	6%
Dietary Fiber 5g	18%
Sugars 4g	
Added sugar 0g	0%
Protein 10g	
Vitamin D	5%
Calcium	8%
Iron	6%
Potassium	8%

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