

Avocado Breakfast Bruschetta

From the U.S. Department of Agriculture

<https://www.choosemyplate.gov/recipes/myplate-cnpp/avocado-breakfast-bruschetta>

Ingredients

- 1 ripe avocado
- 2 medium tomatoes
- 1 green onion
- ½ cup chopped fresh basil (plus 2 tbsp for garnish)
- 4 eggs (hardboiled)
- 12 slices whole wheat baguette bread
- ¼ cup ricotta cheese (reduced fat)
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Instructions

1. Dice avocado, tomatoes and green onions
2. Peel and chop hard-boiled eggs
3. Reserve 2 tablespoons of basil for garnish, then gently toss the first five ingredients in a small bowl. Add pepper to taste.
4. Toast baguette slices and smear with ricotta cheese.
5. Top with avocado mix and garnish with left over basil.

Makes 4 servings

Nutrition information per serving

Calories: 340	Dietary Fiber: 9g
Total Fat: 17g	Sodium: 434mg
Saturated Fat: 4g	Protein: 17g
Cholesterol: 190 mg	Carbohydrates: 32g