

Avocado Breakfast Bruschetta

Serves 4

Ingredients:

- 1 ripe avocado
- 2 medium tomatoes
- 1 green onion
- ½ cup chopped fresh basil – saving some for topping
- 4 hard boiled eggs
- 12 slices whole-wheat baguette bread
- ¼ cup reduced-fat ricotta cheese
- Black pepper to taste



Directions:

1. Dice avocado, tomatoes, and green onions.
2. Peel and chop hard boiled eggs.
3. Toss first 5 ingredients in a small bowl and add pepper to taste.
4. Toast baguette slices and top with ricotta cheese.
5. Top with avocado mixture and garnish with chopped basil.

Nutrition Information per serving (3 baguette slices):

Calories: 340, Total Fat: 17g, Saturated Fat: 4g, Unsaturated Fat: 13g, Cholesterol: 190mg, Sodium: 434 mg, Carbohydrate 32 g, Fiber: 9g, Sugar: 6g, Added sugar: 1g, Protein: 17g

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