

Avocado Breakfast Bruschetta

Prep time: 20 minutes

Makes: 4 Servings

Start your day with a breakfast twist on classic bruschetta: avocados, tomato, hard-boiled egg, and ricotta with basil atop toasted rustic whole-grain bread.

Ingredients

- 1 ripe avocado
- 2 medium tomatoes
- 1 green onion
- 1/2 cup chopped fresh basil (plus 2 tbsp for garnish)
- 4 eggs (hard-boiled)
- 12 slices whole-wheat baguette bread
- 1/4 cup ricotta cheese (reduced-fat)
- cracked black pepper to taste

Directions

1. Dice avocado, tomatoes, and green onions.
2. Peel and chop hard-boiled eggs.
3. Reserving 2 tbsp. basil for garnish, gently toss 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 chopped basil.

Notes

Serving Suggestions: Serve with an 8-oz glass of fat-free

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	315 unknown	
Total Fat	13 g	20%
Protein	15 g	
Carbohydrates	36 g	12%
Dietary Fiber	6 g	24%
Saturated Fat	3 g	15%
Sodium	434 mg	18%

MyPlate Food Groups

Vegetables	3/4 cup
Grains	2 ounces
Protein Foods	1 ounce
Dairy	1/4 cup

(skim) milk.