



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 (skim) milk.

My Notes



Nutrition Information

Nutrients	Amount	MyPlate Food Groups
Calories	340	 Vegetables 3/4 cup
Total Fat	17 g	 Grains 2 ounces
Saturated Fat	4 g	 Protein Foods 1 ounce
Cholesterol	190 mg	
Sodium	434 mg	
Total Carbohydrate	32 g	
Dietary Fiber	9 g	
Total Sugars	6 g	
Added Sugars included	1 g	
Protein	17 g	
Vitamin D	1 mcg	
Calcium	150 mg	
Iron	3 mg	
Potassium	525 mg	
N/A - data is not available		

[For more information on MyPlate Food Groups visit ChooseMyPlate.gov](http://ChooseMyPlate.gov)

