

Avocado Breakfast Bruschetta

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

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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.

Nutrition Facts (Per Serving)

Calories, 327; Carbohydrate, 33 g; Protein, 16 g; Total Fat, 16 g;
Saturated Fat, 4 g; Cholesterol, 195 mg; Fiber, 5 g; Total Sugars, 2 g;
Sodium, 360 mg; Calcium, 137 mg; Folate 84 mcg; Iron, 3.1 mg; Calories
from Fat, 43%.
Makes: 4 servings

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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