

Kids Eat Right Month: Try Day Friday - Avocado

Avocado Breakfast Bruschetta

Servings: 4

Ingredients

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.

- 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.

Avocados

- How to Select - Choose avocados with firm skin and no soft spots, firm but yielding to gentle pressure when ripe.
- How to Store - Store unripe avocados in paper bag at room temperature. Refrigerate when ripe for 2-3 days.
- Nutrition Benefits - Sodium free, cholesterol free, low in saturated fat.

NUTRITION INFORMATION

<u>Key Nutrients</u>	<u>Amount</u>	<u>% Daily Value</u>
Total Calories	340	
Total Fat	17g	26%
Saturated Fat	3.5g	18%
Trans Fat		
Cholesterol		
Sodium	310mg	13%
Carbohydrates	32g	11%
Dietary Fiber	9g	36%
Sugars		
Protein	17g	

MYPLATE FOOD GROUPS

-  Grains
-  Fruits
-  Vegetables
-  Protein
-  Dairy