

# Avocado Breakfast Bruschetta

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.

Makes: 4 servings

Prep/Cook Time: 20 minutes

Source: [www.myplate.gov](http://www.myplate.gov)

## 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.



Small Changes,  
BIG Difference!



## Nutrition Information

Serving Size: 1/4 of recipe

Nutrients	Amount
Calories:	340
Total Fat:	17 g
Saturated Fat:	4 g
Cholesterol:	190 mg
Sodium:	434 mg
Total Carbohydrates:	32 g
Dietary Fiber:	9 g
Total Sugars:	6 g
Added Sugars:	1 g
Protein	17 g

## Utensils Needed

- Cutting board
- Sharp knife
- Butter Knife

# SHOPPING LIST

Average total cost without oil and seasonings: \$ 12.16

Average cost/serving: \$ 3.04

Recipe makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location. Optional items can be added.

## Ingredients



Add 2 to Cart  
Ripe avocado



Add 1 to Cart  
Large Grade A Eggs, 12 ct



Add 1 to Cart  
Green Onions, 1 bunch



Add 1 to Cart  
Fat Free Ricotta, 15 oz



Add 1 to Cart  
Whole Wheat Baguette, 12 oz



Add 1 to Cart  
Fresh Basil, 1 bunch



Add 2 to Cart  
1 Medium Tomato

## SAVE TIME, SAVE MONEY

## My Cooking Notes

### Waste Less, Save More

- Buy in bulk and/or use leftover ingredients in other dishes to save money. Try these recipes from [snapedny.org](http://snapedny.org) for the following ingredients.
- Avocado:
  - Guacamole
  - Mexican Chicken Salad
- Whole Grain Bread:
  - Tomato Brushetta
  - Fantastic French Toast