



Savory Avocado Toast

Prep: 5 minutes | Cook: 5 minutes | Total: 10 minutes

Yield: 1 serving | Serving Size: 1 slice toast with toppings

Ingredients

- 1 slice whole-wheat bread
- 1 hardboiled egg, peeled
- ¼ avocado, pitted and peeled
- 2 tablespoons salsa

Directions

1. Toast the slice of bread to your desired level of doneness.
2. Cut the egg and avocado into slices.
3. Layer the toast with the following ingredients, in this order: egg, avocado, and salsa.
4. Serve immediately.

Recipe Notes

- Try other toast topping combinations to change it up. Here are some ideas to get you started: 2 tablespoons nut butter (e.g. peanut, almond) + ½ small banana, sliced + ½ tablespoon honey or 2 tablespoons lowfat cottage cheese + 1 tablespoon fresh fruit or fruit preserves

Nutrition Facts Per Serving: Calories: 245 | Total Fat: 15 g | Saturated Fat: 3.5 g
Sodium: 390 mg | Total Carbohydrate: 18 g | Dietary Fiber: 6 g | Protein: 10.5 g

For more recipes, please visit www.nutrition.va.gov



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