EGG-TOPPED AVOCADO TOAST

INGREDIENTS:

- 2 slices of multigrain bread, toasted
- 2 teaspoons butter
- ½ medium ripe avocado, peeled and thinly sliced
- 4 thin slices tomato
- 2 thin slices red onion
- 2 large eggs
- 1/8 teaspoon seasoned salt
- 2 tablespoons shredded cheddar cheese

2 bacon strips, cooked and crumbled

DIRECTIONS:

1. Spread each slice of toast with butter; place on a plate. Top with avocado; mash gently with a fork. Top with tomato and onion.
2. To poach each egg, place 1/2 cup water in a small microwave-safe bowl or glass measuring cup; break an egg into the water. Microwave, covered, on high 1 minute. Microwave in 10-second intervals until white is set and yolk begins to thicken; let stand 1 minute. Using a slotted spoon, place egg over sandwich.
3. Sprinkle eggs with seasoned salt. Top with cheese and bacon.

BALANCING MEAL IDEAS:

1. Swap bacon for turkey bacon if being mindful of saturated fat intake
2. This a very balanced meal already, but you can always add a side of fruit

NOTES:

- You can whisk eggs and cook in the microwave in 30 second intervals until egg is fully cooked (not runny), if you do not prefer poached eggs
- You can customize this by changing the type of cheese, removing onions or other ingredients that you do not prefer, taking out the butter, or adding salsa/spicy sauce if you like a spicy flavor!

Reference: https://www.tasteofhome.com/recipes/egg-topped-avocado-toast/