

Garlic Avocado Toast with Fried Egg

Prep: 10 minutes | Cook: 10 minutes | Total: 20 minutes

Yield: 2 servings | Serving Size: 1 avocado toast

Ingredients

2 slices whole-grain bread
1 clove garlic, peeled and halved crosswise
½ medium avocado, pitted
1 tablespoon lime juice
Nonstick cooking spray
2 large eggs
1 tablespoon chopped fresh parsley, divided
1 tablespoon crumbled feta cheese, divided
2 pinches ground black pepper, divided

Directions

1. Place the bread slices in a toaster, under a broiler, or in a skillet over medium heat. Toast to the desired level of doneness.
2. Rub the cut side of one of the garlic clove halves on one side of each slice of toasted bread.
3. Use a spoon to scoop the flesh of the avocado out into a small bowl. Add the lime juice and mash together with a fork. Divide the mixture over the slices of toasted bread and spread to cover one side of each slice. Set aside.
4. Spray a small or medium skillet with cooking spray and place over medium heat. When the pan is hot, crack the eggs in the pan and cook to desired doneness.
5. Slide one of the eggs from the skillet onto the top of each slice of avocado toast.
6. Top each egg with half of the feta, parsley, and black pepper. Serve right away.

Recipe Notes

- Avocados are high in potassium. If you have been instructed to limit your potassium intake, limit the amount of mashed avocado used in this recipe to ¼ cup.
- Eggs are an inexpensive source of high-quality protein and one of the lowest phosphorus protein sources.

**Nutrition Facts Per Serving: Calories: 280 | Total Fat: 17.5 g | Saturated Fat: 4.5 g
Total Carbohydrate: 20.5 g | Dietary Fiber: 7.5 g | Protein: 12 g
Sodium: 255 mg | Potassium: 330 mg**

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