



## Avocado Breakfast Bruschetta

**Source:** Produce for Better Health Foundation | **Yield:** 4 servings; 340 Calories per serving. Total fat 17g; Protein 17g; Total carbohydrate 32g; Dietary fiber 9g, Sodium 434mg.

### INGREDIENTS:

- 1 ripe avocado
- 2 medium tomatoes
- 1 green onion
- ½ cup chopped fresh basil (plus 2 tablespoons for garnish)
- 4 hard-boiled eggs
- 12 slices whole-wheat baguette bread
- ¼ 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 tablespoons 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.

Serve with an 8-ounce glass of fat-free (skim) milk.