



Avocado Toast w/Poached Egg

Source: *Cooking with Extension Cookbook* | **Yield:** 1 serving; 260 Calories per serving.
Total fat 16g; Protein 12g; Total carbohydrate 19g; Dietary fiber 7g, Sodium 440mg.

INGREDIENTS:

- Slice of Avocado Toast (previous recipe)
- 1 fresh egg
- Dash of salt and pepper

DIRECTIONS:

1. In a large saucepan, heat 2 to 3 inches of water to boiling. Then adjust heat down to simmering.
2. Break egg into a small bowl or custard cup. Holding bowl close to the edge of the pan and water surface, gently slip the egg into the simmering water. Allow egg to cook about 3 to 5 minutes. Yolk will begin to thicken. Do not stir.
3. Gently lift egg from the water with a slotted spoon onto a paper towel to drain.
4. Transfer to top of Avocado Toast. Sprinkle with salt and pepper.