



# Brunch Avocado Toast

Servings 2 | Prep time 3 mins | Total time 5 mins.

**Equipment:** Small bowl, Baking sheet

**Utensils:** 2 forks, Measuring cups and spoons

## Ingredients

1 avocado

1 Roma tomato, diced

1/8 teaspoon salt

1/8 teaspoon black pepper

2 slices whole wheat bread

2 slices cheddar cheese

# Instructions

1. Before you begin, wash your hands, surfaces, utensils, and produce.
2. In a small bowl add avocado, diced tomato, salt, and black pepper. Mash together with fork.
3. Turn on oven broiler. Add bread to baking sheet. Toast bread under broiler until bread is almost fully toasted. Watch carefully, as bread can toast quickly.
4. Add cheese to bread and return to oven until bread is finished toasting and cheese is melted.
5. Using a fork, spread avocado mixture evenly on top of toasted bread and cheese.

## Nutritional Information:

Calories 290   Total Fat 19g   Sodium 460mg   Total Carbs 23g   Protein 11g