



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