

EGG-TOPPED AVOCADO TOAST

	<p>INGREDIENTS:</p> <ul style="list-style-type: none">• 2 slices of multigrain bread, toasted• 2 teaspoons butter• ½ medium ripe avocado, peeled and thinly sliced• 4 thin slices tomato• 2 thin slices red onion• 2 large eggs• 1/8 teaspoon seasoned salt• 2 tablespoons shredded cheddar cheese <p>2 bacon strips, cooked and crumbled</p>
<p>DIRECTIONS:</p> <ol style="list-style-type: none">1. Spread each slice of toast with butter; place on a plate. Top with avocado; mash gently with a fork. Top with tomato and onion.2. To poach each egg, place 1/2 cup water in a small microwave-safe bowl or glass measuring cup; break an egg into the water. Microwave, covered, on high 1 minute. Microwave in 10-second intervals until white is set and yolk begins to thicken; let stand 1 minute. Using a slotted spoon, place egg over sandwich.3. Sprinkle eggs with seasoned salt. Top with cheese and bacon.	

BALANCING MEAL IDEAS:

- 1.