

Avocado Toast



INGREDIENTS:

1 ripe avocado
2 slices of your favorite bread (sourdough, whole grain, or any preferred type)
2 large eggs
Salt and pepper to taste
Optional toppings: red pepper flakes, cherry tomatoes, feta cheese, or fresh herbs like cilantro or chives

INSTRUCTIONS:

1. Cut the ripe avocado in half, remove the pit, and scoop the flesh into a bowl. Mash the avocado with a fork until smooth. Add salt and pepper to taste.
2. Toast the slices of bread to your preferred level of crispiness.
3. Bring a pot of water to a simmer. Add a splash of white vinegar to the simmering water. Crack each egg into a small bowl. Create a gentle whirlpool in the water and carefully slide the egg into the center. Poach the eggs for about 3-4 minutes for a runny yolk. Adjust the time for your desired level of doneness.
4. Assemble the Avocado Toast:
Spread the mashed avocado evenly over each slice of toasted bread.
5. Add Poached Eggs:
Carefully lift the poached eggs out of the water using a slotted spoon and place one on top of each avocado-covered toast.
6. Seasoning:
Sprinkle a little salt and pepper on top of the poached eggs. You can also add red pepper flakes for some heat.
7. Customize your avocado toast with additional toppings such as sliced cherry tomatoes, crumbled feta cheese, or fresh herbs like cilantro or chives.
8. Enjoy your delicious avocado toast with poached eggs while it's still warm.



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