

avocado toast with eggs + sautéed greens

Makes 1 serving

COOK TIME: 10 minutes

½ ripe avocado
1-2 slices whole grain or sourdough bread
2 eggs
2 cups fresh arugula, spinach, kale or mixed greens
2 tsp olive oil
Salt and pepper, to taste

OPTIONAL GARNISHES:

lemon juice, red pepper flakes and/or feta cheese

TOAST bread to your liking.

HEAT olive oil in a skillet over medium heat.

ADD greens and sauté until just wilted, about 2-3 minutes. Season with salt and pepper. Set aside.

COOK eggs to preference (fried, scrambled, or poached) in the same skillet.

MASH avocado onto toast. Season with salt and pepper.

TOP avocado toast with eggs and cooked greens.

FINISH with optional garnishes if desired.

