

# Egg with Avocado Toast



1 slice whole wheat bread  
1/2 avocado, sliced  
1 egg

1 teaspoon olive oil  
Pinch of salt and pepper

**Instructions:** Wash hands with soap and water. Toast bread in toaster. Slice avocado. Cook eggs anyway you like them. Drizzle toast with olive oil, salt and pepper. Top with egg and avocado slices.

**Yield:** 1 serving

**Nutrition Facts** (per serving): 360 calories, 24 grams fat, 290 milligrams sodium, 27 grams carbohydrate, 5 grams fiber, 7 grams protein